

Teen Resources

Hotlines

- Maine Crisis Line: 1-888-568-1112
- Teen Text Support Line: 207-515-8398
- Nami Maine Health Line: 1-800-464-5767
- National Suicide Prevention Hotline: 1-800-273-8255, Spanish 1-888-628-8454
- The Trevor Project (LGBTQ2S+ Youth): 1-866-488-7386, Text START to 678678
- Love is Respect: Dating Violence Hotline: 1-866-331-9474, Text LOVEIS to 22522
- National Crisis Text Line: Text HOME to 741741

Food Assistance

- **Augusta**
 - Augusta Food Bank: 161 Mt. Vernon Ave, Augusta, ME 04330, 207-622-5225
 - Bread Of Life Ministries Soup Kitchen: 157 Water Street, Augusta, ME 04330, 207-621-2541
 - Salvation Army: 36 Eastern Ave., Augusta, ME 04330, 207-623-3752
- **Fairfield**
 - Fairfield Interfaith Food Pantry: 23 Lawrence Avenue, Fairfield, ME 04937, 207-509-9972/207-313-2923
 - Lawrence Backpack Program: kwood@msad49.org
- **Oakland**
 - Oakland Food Bank: 14 West School Street (United Methodist Church), Oakland, ME 04963, 207-465-5259
 - St. Theresa's Soup & Sandwich, 47 church street (United Baptist Church), Oakland, ME 04963
- **Norridgewock**
 - Norridgewock Community Food Cupboard: 227 Waterville Rd, Norridgewock, ME 04957, 207-634-4116
- **Waterville**
 - Greater Waterville Area Food Bank: 61 Pleasant St. (United Methodist Church), Waterville, ME 04901, 207-872-7564
 - Mid-Maine Homeless Shelter: 19 Colby Street, Waterville, ME 04903, 207-872-8082
 - Waterville - Evening Sandwich Program: 69 Silver Street, Waterville, ME 04901, 207-474-7370
 - St. Francis Soup Kitchen: 112 Silver Street, Waterville, ME 04901, 207-872-2281
 - Sacred Heart Soup Kitchen: 70 Pleasant Street, Waterville, ME 04901, 207-872-5725
- **Winslow**
 - St. John's Food Pantry: 26 Monument Street (St. John Church Back Entrance), Winslow, ME 04901, 207-872-2281
 - Winslow Community Cupboard: 12 Lithgow Street, Winslow, ME 04901, 207-402-7947

Mental Health Services

- Maine General Behavioral Health, Alford Center for Health: 35 Medical Center Parkway, Augusta, ME 04330, 877-777-9343
- NAMI National Alliance on Mental Health: nami.org, 702-524-7600, Text NAMI to 741741
- Maine General Counseling, Thayer Center for Health: 149 North Street, Waterville, ME 04901, 207-861-3500
- Kennebec Behavioral Health: 67 Eustis Parkway, Waterville, ME 04901, 888-322-2136
- Youth Peer Support Statewide Network (YPSSN): 207-396-7052, ypssn@mainehealth.org

Contraceptive Access

- Maine Family Planning: PO Box 587, Augusta, ME 04332, 207-622-7524, mainefamilyplanning.org
- Waterville Family Planning: 18 Silver Street, Waterville, ME 04901, 207-922-3222

Shelter

- Mid-Maine Homeless Shelter: 19 Colby St., Waterville, ME 04901, 207-872-8082
- Marian's Place, 24 hr Youth Shelter (serving 10- 19 yr olds): 491 Main St. Lewiston, ME, 04240, 207-795-4070
- Bread of Life Ministries Shelter, 155 Hospital St. Augusta, ME 04330

Teen Parents

- Maine Children's Home Teen Parent Education Program: 93 Silver Street, Waterville, ME 04901, 207-877-9469. Bobbi Hyson, bpelletier@mainechildrenshome.org
- KVCAP Teen Services 13-20: (Waterville) 207-852-1582, (Skowhegan) 207-474-8487

LGBTQ2S+ Youth

- The Trans Youth Equality Foundation: 207-478-4087, transyouthequality.org
- Maine Trans Net: mainetrans.net
- Out Maine: 800-530-6997, outmaine.org
- Barbara Bush Gender Clinic: Brandy Brown, 207-662-5093
- EqualityMaine: 207-761-3732, info@equalitymaine.org
- Safe Zone Project: safezoneproject.com