

YORK COUNTY RESOURCES

Housing/Shelter

Sanford General Assistance: (207) 324-9110, Leave a message and your call will be returned by the end of business day.

York County Shelter Programs: (207) 324-1137, Call ahead to see if there is availability.

Seeds of Hope: 35 South St, Biddeford: (207) 571-9601, Drop in day shelter M-F 9AM-1PM. Warming Shelter Open when weather is less than 25 degrees. Call ahead to confirm open.

Caring Unlimited Domestic Violence Emergency Shelter: 1-800-799-7233, must call ahead for a phone intake.

Oxford Street Shelter: Portland: (207) 761-2072, For men 18 and older.

Florence House: Portland: #211 must be referred and call 211 to see if eligible and availability, women only.

Mental Health Help

Crisis Hotlines:

The Maine Crisis Hotline: 1-888-568-1112

211 Maine: Dial #211

Warm Line: 1-866-771-9276

National Suicide Lifeline: 1-800-273-8255

Local Resources:

Maine Behavioral Healthcare: 844-292-0111, Located in Springvale. They provide comprehensive behavioral health services.

Sweetser: Contact the Sweetser Promise Line, 1-800-434-3000, Mon-Fri 8AM-4PM.

Recovery and Harm Reduction

Drop in Centers:

Peer Support Center: 19 Washington Street, Sanford: (207) 490-5253, Open to anyone in community with self-identified mental health or substance use challenges.

Seeds of Hope: 35 South Street, Biddeford: (207)-571-9601. Mon-Fri 9AM-1PM. Breakfast and Lunch, Health promotion, homeless and veteran advocacy, assistance.

Harm Reduction:

Maine Options: (207) 468-4015, Mon-Fri 9AM-4PM, Narcan and Fentanyl test strips available, harm reduction options, also assistance to recovery.

Needle Exchange: Maine access points, located at Heritage Crossing near Weaver Drive in Sanford. Tuesdays 3PM-4:30PM and Fridays 1PM-2PM.

Detox Center:

Milestone: Staff is available 24 hours a day, call (207) 775-4790 EXT. 111

Outpatient/MAT Providers:

Crossroads: (207) 773-9931

Enso Recovery: Sanford, (207) 324-4054

Groups Recover Together: Various sites and Tele-health available, (888) 512-2328

Better Life Partners: Tele-health, most insurance accepted. (866) 679-0831

York Hospital Recovery Center: Intensive Outpatient Program: (207) 351-2118

Residential Treatment (Maine Care Accepted or Free of Charge):

Crossroads: (207) 773-9931

Recovery Connections of Maine: (207) 440-7922

The Salvation Army: (207) 774-7818, www.salvationarmy.org

Milestone Recovery: POR & OOB (207) 440-7922

Teen Challenge (For Adults): (207) 377-2801

Residential Treatment (Private and Commercial Insurance):

Pine Tree Recovery Center: (207) 671-2877

Casco Bay Recovery Center: (207) 577-5144

Liberty Bay Recovery Center: (207) 671-2877

Providence Retreat: (207) 298-9130