

## Overview of Community Resources - Maine

This introduction to community resources in Maine can help you begin to understand options and explore if you may be eligible.

### Maine Community Action Partnership

Community Action Agencies can help to locate resources in your area. Programs can include food assistance, housing programs, and access to other community resources.

- Locate your local agency at: [mecap.org/](http://mecap.org/)

### Aging and Disability Resource Centers (ADRC)

Locate your local ADRC by calling 1-877-353-3771 or at:

[maine.gov/dhhs/oads/get-support/older-adults-disabilities/area-agencies-on-aging](http://maine.gov/dhhs/oads/get-support/older-adults-disabilities/area-agencies-on-aging)

Your local agency can provide information on care options for older adults and individuals with disabilities.

### Maine- Department of Health and Human Services (DHHS)

**Find your local district office:** [maine.gov/dhhs/about/contact/offices](http://maine.gov/dhhs/about/contact/offices) or call 207-287-3707. You can also apply online at My Maine Connection:

[apps1.web.maine.gov/benefits/account/login.html](http://apps1.web.maine.gov/benefits/account/login.html)

- **Temporary Assistance for Needy Families (TANF)**  
[maine.gov/dhhs/ofc/programs-services/tanf](http://maine.gov/dhhs/ofc/programs-services/tanf)  
Provides cash assistance to eligible families with dependent children and to pregnant individuals.
- **General Assistance (GA)**  
[maine.gov/dhhs/ofc/programs-services/general-assistance](http://maine.gov/dhhs/ofc/programs-services/general-assistance)  
Assists individuals and families with meeting their basic needs by helping to pay for household supplies, food, housing, etc.
  - Apply at your local Municipal Office or call 1-800-442-6003.
- **Supplemental Nutrition Assistance Program (SNAP)**  
[maine.gov/dhhs/ofc/programs-services/food-supplement](http://maine.gov/dhhs/ofc/programs-services/food-supplement)  
Previously known as Food Stamps, SNAP funds may be used to buy food. Individuals and families with low income may qualify.

### Additional Cash Assistance

- **The Social Security Administration (SSA)** has two programs for people with serious disabilities. **Find your local SSA office:** [secure.ssa.gov/ICON/main.jsp](http://secure.ssa.gov/ICON/main.jsp) or call 800- 772-1213. We recommend you apply in person or on the phone if possible.
  - **Social Security Disability Insurance (SSDI)**- for those who have recently worked and paid Federal Insurance Contributions Act (FICA) taxes for a certain period of time before becoming disabled.

- **Supplemental Security Income (SSI)**- for those who are disabled, blind, or age 65+. This is a needs-based program with income and asset limits.

### Food Assistance

- **SNAP** See DHHS above for information about SNAP (formerly food stamps).  
**The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC):** People with low-income may qualify if they are pregnant, breastfeeding, non-breastfeeding postpartum, or a child up to their 5<sup>th</sup> birthday. **No immigration requirements.** To find and apply at your local WIC office call: 207-287-3991 or visit [maine.gov/dhhs/mecdc/population-health/wic/](http://maine.gov/dhhs/mecdc/population-health/wic/).
- **List of Food Assistance by Town:** [maine.gov/dacf/ard/tefap/bytown.shtml](http://maine.gov/dacf/ard/tefap/bytown.shtml)
- **Good Shepard Food Bank of Maine Food Map**  
[gsfb.org/get-help/food-map/](http://gsfb.org/get-help/food-map/)

### Housing

- **Maine State Housing Authority (MaineHousing)**  
[mainehousing.org/](http://mainehousing.org/)  
207- 624-5789  
Provides information about subsidized housing options in Maine.

### Fuel Assistance

ME **Community Action Agencies can assist** eligible households with heating costs.

**Locate your local Community Action Agency at:**

[mainehousing.org/programs-services/energy/liheap-agency-contacts](http://mainehousing.org/programs-services/energy/liheap-agency-contacts)

### Emergency Financial Assistance Funds

- **Maine 2-1-1**  
[211maine.org/](http://211maine.org/)  
Explains and refers to financial assistance and other help in the community.
  - Dial 2-1-1 or 1-866-811-5695 (anywhere in Maine)
  - Dial 1-866-811-5695 (from outside of Maine)