

Links to Assistance Resources and Government Programs

This guide provides a collection of links to programs for public assistance - various types of programs available to low-income people who are in need of help.

State and Federal Bureaus:

[Maine DHHS Public Health / Center for Disease Control and Prevention \(formerly the Bureau of Health\)](#)

[Maine Department of Health and Human Services \(DHHS\)](#)

Office of Integrated Access and Support (formerly Bureau of Family Independence) [Regional Offices](#) in Maine

[TANF](#), Office of Integrated Access and Support (OIAS)

[Maine Food Stamp Certification Manual;Supplemental Nutrition Assistance Program](#) (formerly Food Stamp Program)

[Office of Family Assistance](#), U.S. Department of Health & Human Services, TANF

[Links to all agencies of the U. S. Department of Health and Human Services](#)

[Office of Public Health and Science](#)(U.S.)

[Green Book](#), GPO Access to the Green Book 1996, 1998, 2000 and 2004

[Poverty Guidelines - 2011](#) U.S. HHS

Federal Poverty Levels chart for calculating the proration of a Lump Sum Payment: contact *Cynthia Boyd, GA Program Manager*, DHHS, Augusta, 207 287-3097

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[Vocational Rehabilitation](#) (Maine Bureau of Rehabilitation Services)

[CareerCenter](#), The Maine Employment Resource

Military Assistance:


Maine Army National Guard: [Family Assistance Center](#)

Health/Dental Issues:

[Guide to Health Care](#) (Consumers for Affordable Health Care)

[Resource Directory](#) for individuals and families that do not qualify for the health care or prescription drug programs listed under most categories of the above Guide (Consumers for Affordable Health Care)

[Community Action Programs \(CAP\) and Agencies--Health/Nutrition/Hunger Prevention](#) (current as of 1997); [List of Maine CAP Agencies](#)

[Dental Clinics and Services for Low-Income Persons in Maine](#), directory compiled and published by The Maine Center for Disease Control & Prevention, an Office of the Department of Health & Human Services, Oral Health Program (Revised November 2009)  [Maine Oral Health Program](#) [scroll down to 'Finding and Providing Dental Care']

[Maine Oral Health Program, listing of non-profit Dental Centers](#) (Bureau of Health, Division of Community and Family Health)

[Maine School Oral Health Program](#)

[Maine School Oral Health Programs by County](#) (Bureau of Health, Division of Community and Family Health)

[Maine Donated Dental Services](#) (Maine Dental Association, and Foundation of Dentistry for the Handicapped), 725-9193

[Maine Communities with Fluoridated Water Supplies](#) [scroll down and click on said link]

[BenefitsCheckUpRx](#), a Web-based tool that helps you find quickly and easily what prescription savings programs you qualify for; [Access to Benefits Coalition](#)

[Maine Health & Human Services, Office of Elder Services](#), Low Cost Drugs for the Elderly and Disabled Program [click on Drug Assistance Guide]

[Free drug \(pharmaceuticals\) program, "Free Medicine Foundation"](#)

["Needy Meds."](#) pharmaceutical manufacturers program to assist people who can't afford to buy the drugs they need

[Financial Assistance for Cancer Care](#), National Cancer Institute

[Maine Equal Justice Partners/Maine Equal Justice Project](#) (for information on health care, dental care, child care)

[Medical Eye Care Program](#), Augusta: 207/287-6875
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[Division for the Blind and Visually Impaired](#), Portland: 800/315-1192

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Child Care:

[Community Action Programs \(CAP\) and Agencies--Children/Families](#) (current as of 1997)

[Catholic Charities Maine](#) Family Child Care Program; Subsidized child care on sliding fee

Women's Health:

[Women, Infants & Children \(WIC\) Program; Maine WIC web site](#)

[The Maine Breast and Cervical Health Program](#)

[Free Health Screenings](#)

National Domestic Violence Hotline 800/799-7233

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[Counseling Hotlines/Shelters](#)

Programs for the Mentally Ill:

[Alliance for the Mentally Ill](#) of Maine (AMI-ME): AMI - Maine, PO Box 222, Augusta, ME 04332-0222, 800/464-5767

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Family Resource Guidebook (AMI-ME above)

[Maine Department of Health and Human Services](#), Behavioral and Developmental Services

[U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration](#)

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Housing Programs:

[Community Action Programs \(CAP\) and Agencies--Housing/Homelessness/Energy/Utilities](#) (current as of 1997)

[Maine State Housing Authority](#)

[Housing Assistance Council Publications](#)
[Subsidized Housing](#)

[Emergency Shelters, Homeless Shelters](#)

[*not included in lists*: St. Martin de Porres Residence, Lewiston, 786-4690; Chisholm Family Shelter, Rumford, 364-3721; St. Andre's Home, Biddeford, 282-3351]

[Bridging Rental Assistance Program \(BRAP\)](#) and [Shelter Plus Care \(SPC\) Program](#), Maine Department of Health and Human Services, Adult Mental Health Services

[BDS Local Administrative Agents](#), BRAP and SPC [scroll down to table]

[Lead Hazard Control Program](#) (Maine Housing; formerly Maine State Housing Authority), providing grants to low income customers for lead paint hazard control

Adult Family Home Care Program

[Consumer Assistance Line](#)

[FIX ME Program](#)

[Homeless Housing Programs](#)

[Homeownership Programs](#)

[Low Income Home Energy Assistance Program \(LIHEAP\)](#)

[Low Income Housing Tax Credit](#)

[MSHA Assisted Housing](#)

[MSHA Tenant Assistance](#)

[New Lease Program](#)

[Rental Loan Program](#)

[Supportive Housing Program](#)

[Residential Underground Oil Tank Removal Program](#)

[Weatherization/Central Heating Improvement Programs](#)

[Energy-Saving Tips for Consumers](#) (Governor's Office of Energy Independence and Security); [Energy-Saving Guide](#)

Heating and Utility Assistance:

[Central Maine Power's Electricity Lifeline Program; CMP's Terms and Conditions](#)

[Low Income Program](#) (Bangor Hydro)

[Special Payment Arrangement](#) ([Bangor Hydro](#))

[Utility/Oil Information](#) - includes oil price search capability

[Consumer Home Heating Rights](#) or [.html](#) [Chapter 19 of the Maine Attorney General's Consumer Law Guide]

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Property Tax Programs:

[Property Tax & Rent Refund](#)

[Application for Maine Homestead Exemption](#) 

[Food Pantries and Soup Kitchens](#)

Programs for Older Citizens:

[Community Action Programs \(CAP\) and Agencies--Elderly](#) (current as of 1997)

[Food Assistance](#) (Maine Dept. of Agriculture, Food, and Rural Resources)

[Health Care Guide: Elderly and Disabled Adults](#) (Consumers for Affordable Health Care)

Low Cost Drugs for the Elderly and Disabled Program, Maine DHHS, Bureau of Elder and Adult Services

[Maine Department of Health & Human Services, Office of Elder Services](#)

Information: 800/262-2232 [begin_of_the_skype_highlighting](#) 800/262-2232 [end_of_the_skype_highlighting](#), Intake: 800/624-8404 [begin_of_the_skype_highlighting](#) 800/624-8404 [end_of_the_skype_highlighting](#)

[Maine's Legal Services for the Elderly](#) (LSE)

[Elder Law Answers](#)

[Links to Maine's Area Agencies on Aging](#)

[Department of Health and Human Services, Administration on Aging](#)

[Seniors-site](#)

Transportation - [Maine Transit Links](#) (bus, rail, ferry)

Burials, Cremations:

"[Cremations and GA,](#)" *Maine Townsman*, May 2002, Antoinette Mancusi,
Technical Advisor, MMA

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Legal Help/Resources:

[Pine Tree Legal Assistance](#)

[Cumberland Legal Aid Clinic](#), University of Maine School of Law Clients are represented by Student Attorneys; no charge for services, but \$10 deposit required for miscellaneous expenses

[Small Claims Court](#), Maine Judicial Branch

[Maine's Legal Services for the Elderly](#) (LSE)

[The Volunteer Lawyers Project](#), Maine's Statewide Pro Bono Project