



ELLSWORTH
PO BOX 1466
ELLSWORTH, ME 04605
PHONE: 207-667-0176
FAX: 207-667-8033
MACHIAS
PO BOX 303
MACHIAS, ME 04654
PHONE: 207-255-4934
FAX: 207-255-4243



FEEL SUPPORTED, EVERY STEP OF YOUR JOURNEY.

YOU DO NOT HAVE TO BE IN CRISIS TO CALL, NOR DO YOU HAVE TO LEAVE YOUR RELATIONSHIP. CALL OUR CONFIDENTIAL **24/7 HELPLINE 1-800-315-5579** TO CONNECT WITH A TRAINED ADVOCATE WHO WILL LISTEN, JUDGMENT-FREE, AND HELP YOU UNDERSTAND THE RIGHT NEXT STEPS FOR YOU. WE MAY CONNECT YOU WITH ANY OF OUR SUPPORT SERVICES AND, AS NEEDED, ASSIST YOU TO FIND TRANSPORTATION, PET AND CHILD-CARE, FINANCIAL PLANNING, AND COMMUNITY REFERRALS ALONG YOUR HEALING JOURNEY.