Substance Abuse and Mental Health Services, Southern York County Maine

The Maine Office of Substance Abuse and Mental Health Services, Information and Resource Center:   
1-800-499-0027 (in Maine only) or 207-287-8900 <http://www.maine.gov/dhhs/samhs/osa/help/index.htm>.

2-1-1 (Maine): a comprehensive directory of health and human services in Maine. http://www.211maine.org/  
Maine Statewide Crisis Hotline: 1-888-568-1112

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| --- | --- | --- | --- |
| **Out Patient** | **Youth/Adult** |  |  |
| The [Cottage Program at York Hospital](https://portal.maine.gov/provider/provdev.provider_search.final_detail?v_provider_id=258&v_service_types=&v_client_types=YO) | Y/A | York | 207-351-2118 |
| Health Affiliates Maine | Y/A | York | 207-363-8300 |
| [Day One](https://portal.maine.gov/provider/provdev.provider_search.final_detail?v_provider_id=1232&v_service_types=&v_client_types=YO) | Y/A | Buxton | 207-767-0991 |
| [Maine Behavioral Healthcare](https://portal.maine.gov/provider/provdev.provider_search.final_detail?v_provider_id=77&v_service_types=&v_client_types=YO) | Y/A | Biddeford | 207-282-1500 |
| [Our Father’s House](https://portal.maine.gov/provider/provdev.provider_search.final_detail?v_provider_id=1152&v_service_types=&v_client_types=YO) | Y/A | Saco | 207-571-4981 |
| [Saco River Health Services](https://portal.maine.gov/provider/provdev.provider_search.final_detail?v_provider_id=947&v_service_types=&v_client_types=YO) | Y/A | Waterboro | 207-247-9000 |
| Sweetser | Y/A | Sanford | 800-434-3000 |
| Mercy Hospital | A | Westbrook | 207-**879-3600** |
| Southern Maine Medical | A | Biddeford | 207-283-7660 |
| Recovery Maine | A | North Berwick | 207-558-2111 |
| **Residential – Adults** |  |  |  |
| Sober House, men only |  | Berwick | 207-698-5802 |
| Recovery Maine/Restoration House, men only |  | North Berwick | 207-558-2111 |
| Spring Harbor, mental health in patient |  | Westbrook | 888-524-0080 |
| [Randall Place](https://portal.maine.gov/provider/provdev.provider_search.final_detail?v_provider_id=208&v_service_types=RR&v_client_types=) and The Bridge |  | Portland | 207-874-1175 |
| **Residential - Youth** |  |  |  |
| [Day One](https://portal.maine.gov/provider/provdev.provider_search.final_detail?v_provider_id=114&v_service_types=RR&v_client_types=) |  | Buxton | 207-767-0991 |

**Detox – Adults**

Milestone Foundation Portland 207-775-4790

**Mental Health Services:**

|  |  |  |
| --- | --- | --- |
| 24hr Crisis Hotline (for mental health and treatment info) | | 888-568-1112 |
| York Psychiatric Associates | York | 207-351-3960 |
| Sweetser PromiseLine | Sanford | 800-434-3000 |
| Maine Behavioral Healthcare | Springvale | 844-292-0111 |
| Spurwink Services | Biddeford | 207-871-1200 |

**Services in New Hampshire:**

|  |  |  |  |
| --- | --- | --- | --- |
| Addiction Recovery Services | | Portsmouth | 603-433-6250 |
| American Pain Institute (medication assisted treatment– thru primary care referral only) | | Portsmouth | 603-766-8500 |
| Southeastern NH Services |  | Dover | 603-516-8160 |
| Seacoast Youth Services |  | Seabrook | 603-474-3332 |
| Portsmouth Regional Hospital |  | Portsmouth | 603-436-5110 |
| ROAD to a Better Life (medication assisted treatment) | | Newington | 603-841-2301 |
| Merrimack River Medical (medication assisted treatment) | | Newington | 603-436-0448 |

**Individual Mental Health and Treatment Providers:**

|  |  |
| --- | --- |
| https://therapists.psychologytoday.com | Type in zip code for list |

**Telephone Recovery Support** Portland 207-553-2575 (ext. 203)

**Narcotics Anonymous:** 1-800-974-0062 **Alcoholics Anonymous:** 1-800-737-6237 **Al Anon**: 1-888-425-2666

This list was updated by Choose To Be Healthy Coalition staff, January 2016 and is not meant to be exhaustive. Please contact Sally Manninen at 351-2655 or [smanninen@yorkhospital.com](mailto:smanninen@yorkhospital.com) with corrections or additions.