

## Substance Abuse and Mental Health Treatment Resources, Southern Maine

For a more complete listing with details,  
visit [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov) or [211maine.org](http://211maine.org)

Visit [www.familyresourcectr.org](http://www.familyresourcectr.org)  
for general info about substance abuse treatment

### Outpatient-Youth and Adult

<b>Cottage Program at York Hospital</b> York, evaluation services available	207-351-2118
<b>Health Affiliates Maine York</b>	207-363-8300
<b>Day One Buxton</b>	207-767-0991
<b>Maine Behavioral Health Care</b> Biddeford/Springvale	207-282-1500
<b>Saco River Health Services</b> Waterboro	207-247-9000
<b>Sweetser Sanford/Saco</b>	800-434-3000
<b>Mercy Hospital Portland</b>	207-879-3600
<b>Crossroads Kennebunk</b>	207-467-3369
<b>Recovery Maine N Berwick</b>	207-558-2111
<b>Central Maine Counseling</b> Biddeford, Adults only, MAT*	207-782-3386
<b>Southern Maine Health Care</b> Biddeford, MAT	207-283-7660
<b>Groups (Formerly Recover Together)</b> Biddeford, MAT	800-683-8313
<b>Graceful Recovery</b> Kennebunk, MAT	207-604-5034
<b>York County Shelter Programs, MAT</b>	207-324-1137

### Residential-Youth

<b>Day One Buxton</b>	207-767-0991
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### Residential-Adult

<b>Recovery Maine/Restoration House</b> N Berwick, men only	207-558-2111
<b>Our Father's House Saco</b>	207-571-4981
<b>York County Shelter Programs</b> Alfred/Portland	207-324-1137
<b>Milestone</b> Old Orchard Beach, men only	207-934-5231
<b>Crossroads Windham/Portland</b> women/children and mothers	207-773-9931

\*MAT, medication assisted treatment/therapy includes  
Methadone, Suboxone, or Vivitrol and is prescribed with  
counseling

**Detox-Adults**

**Milestone** Portland 207-775-4790

**Mental Health Services in Maine**

**Maine State Crisis Line** 888-568-1112

**York Psychiatric Associates** York 207-351-3960

**Sweetser PromiseLine** 800-434-3000

**Spurwink Services** Biddeford 207-871-1200

**Maine Behavioral Health Care** 844-292-0111

**Find a Therapist:** [www.therapists.psychologytoday.com](http://www.therapists.psychologytoday.com)

**NH Treatment Resources** [www.nhtreatment.org](http://www.nhtreatment.org)

**NH Addiction Hotline: 1-844-711-HELP (4357)**

**Goodwin Community Health** 603-749-2346  
Somersworth Outpatient services,  
MAT

**American Pain Institute** Portsmouth 603-766-8500  
Outpatient services, MAT

**Families First** Portsmouth 603-422-8208  
Outpatient services, MAT

**Addiction Recovery Services** 603-433-6250  
Portsmouth, Outpatient services

**Southeastern NH Services** Dover 603-516-8160  
Outpatient services, residential care

**ROAD to a Better Life** Newington 603-431-3166  
Outpatient services, MAT

**Merrimack River Medical** Newington 603-436-0448  
MAT

**Recovery and Support Services**

**Safe Harbor Recovery Center** 603-570-9444  
Portsmouth

**Rochester Recovery Center** 603-948-1153  
Rochester, NH

**Heroin Anonymous** 800-9-HEROIN

**Al-Anon**, for affected others 888-425-2666  
[www.al-anon.org](http://www.al-anon.org)

**Alcoholics Anonymous** 207-774-4335  
[www.csoaamaine.org](http://www.csoaamaine.org)

**Narcotics Anonymous** 800-974-0062

**Granite State/Seacoast Narcotics Anonymous** 888-624-3578  
[www.gsana.org](http://www.gsana.org)

List updated in July 2017 and is not meant to be exhaustive.  
Compiled by Choose To Be Healthy Coalition at York Hospital.  
207-351-2669 [www.ctbh.org](http://www.ctbh.org)