



# Harpswell Aging at Home

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## Mental Health Resources

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As we age, our need for health and wellness services begins to increase. Harpswell Aging at Home developed a list of a variety of mental health services available to Harpswell residents.

Most of these services have a cost, some of which are on sliding scales. A few of the services are free. There are several organizations listed in some of the categories, and you are encouraged to contact more than one to find one that is best suited to your needs.

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### State-wide Resources for Mental Health Services

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#### [Maine Crisis Line – 988 \(or 1-888-568-1112\)](#)

#### [24 hours a day 7 days a week](#)

- Call this number if are feeling suicidal, homicidal or need immediate mental health support. They help you connect with crisis trained professionals in our area. The service is free and confidential.
- *In an emergency* the crisis line can access the Mobile Crisis Intervention Team to provide support to someone in the community (where they are at the moment) and the Crisis Stabilization Unit will provide immediate short-term therapeutic placement. It is available to anyone throughout Maine.
- Call this line if you just need assistance finding mental health support even if it is not an emergency.

#### **911**

You can always call 911 if it's an emergency and you don't know or can't remember the number for the Maine Crisis Line (988). Call them if you are worried about the immediate well-being of someone else.

## Local Resources for Mental Health Services

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The recommended first step to access mental health treatment when it is not a crisis is to speak with your Primary Care Provider about your concerns. Mental health and physical health are both important parts of overall wellness and are often connected, so it is important that your primary care provider know about your mental health concerns; there may be a physical reason that you are feeling the way you are. Your provider is the best person to help you locate appropriate - and available - mental health services.

If you cannot or do not feel comfortable confiding in your provider, you can call these local services directly:

**Mid Coast Hospital Senior Mental Health Services    207-373-6980 or 800-434-3000**

Outpatient Behavioral Health Services  
66 Baribeau Drive, Brunswick

This mental health outreach service offers confidential screening, assessment, and treatment services to adults *65 years of age and older*. You do not have to see a Mid Coast provider to access this service. They have no waiting list at this time!

**Martin's Point Health Care    207-798-4050**

114 Bath Road, Brunswick

Martin's Point partners with Sweetser to provide access to mental health services. Providers from Sweetser are available at all Martin's Point Health Care Center locations. You need to talk to your primary care provider to schedule mental health services. You have to be a patient of Martin's Point to access their services.

**Sweetser    800-434-3000**

329 Bath Road, Brunswick

Chronic health issues and physical disabilities create challenges to mental health treatment - and some older people struggling with mental health problems feel safest at home. If going to appointments at a community behavioral health clinic becomes a barrier, Sweetser's health home program may be able to bring mental health services to you at home. A behavioral health treatment team—home health coordinator, nurse, clinical lead, and peer support specialists help you access mental health services in a comfortable, convenient home environment coordinated with your primary care provider.

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## Free Transportation Services

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**People Plus    207-729-0757**

35 Union Street, Brunswick

The Volunteer Transportation Network (VTN) at People Plus provides older Harpswell residents free rides to medical appointments. Call for details and to schedule a ride.