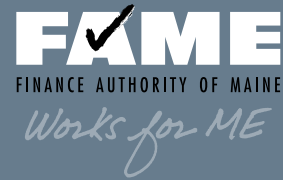


RESOURCES FOR STUDENTS

The following agencies specialize in finding or providing resources to help Maine people.



Books & Supplies	R1	Medical & Dental	R4
Career Assistance	R1	Mental Health	R4
Child Care	R2	New Mainers	R4
Disabled Student Services	R2	Other Support Services	R5
Heating Assistance	R2	Reentry Resources	R5
Higher Education: The Process	R2	Substance Abuse	R5
Higher Education: Scholarships & Financial Assistance	R3	Tax Preparation	R5
Housing	R3	Transportation	R5
Legal Assistance	R3	Veterans	R6

BOOKS & SUPPLIES

Check your college library for textbooks you can borrow. Try shopping online for your books to see if you can find less expensive options.

giveIT. getIT. helps nonprofits, families, and individuals overcome obstacles to accessing technology by providing training; low-cost, high-quality computers; and free technical support throughout Maine and Northern New England. giveITgetIT.org

CAREER ASSISTANCE

Destination Occupation is a comprehensive resource related to career searching, professional development, and job coaching in Maine's skilled trades workforce. DestinationOccupation.com

Goodwill Northern New England's Job Connection Services is an innovative workforce and training program that helps empower individuals to overcome barriers and find personal stability through work. GoodwillNNE.org

Live and Work in Maine provides information about living and working in the state. Resources include regional information about Maine and an up-to-date listing of available jobs by category. Information about the Opportunity Maine Tax Credit is also located here. LiveandWorkinMaine.com

Maine Adult Ed programs are available all over the state of Maine. Find the best location to complete your HiSet, brush up on math or reading, or pursue a subject that will help you shift careers. MaineAdultEd.org

Maine Career Centers provide a variety of employment and training services at no charge. MaineCareerCenter.com

PO Box 949
5 Community Drive
Augusta, ME 04332

1-800-228-3734
TTY: 207-626-2717

FAMEmaine.com



Maine Municipal Association provides a listing of municipal jobs and important information about cities & towns in Maine. MMA's portal Hometown Careers offers detailed information and testimonials about young adults working municipal jobs. MaineHometownCareers.org

CHILD CARE

Head Start provides comprehensive early childhood education for low-income children and their families. Maine.gov/DHHS/OCFS

Maine's Child Care Subsidy Program helps eligible families pay for child care so they can work, go to school, or participate in job training. Maine.gov/DHHS

DISABLED STUDENT SERVICES

The **Division of Vocational Rehabilitation** helps individuals with physical, mental, or emotional disabilities get and keep a job. Resources may include funding for higher education and career path counseling. Maine.gov/rehab/dvr

HEATING ASSISTANCE

Keep ME Warm offers home heating help for those who may not be eligible for fuel assistance programs. MaineCommunityAction.org

Maine Housing Authority provides money to help low-income homeowners and renters pay for heating costs. MaineHousing.org

HIGHER EDUCATION: THE PROCESS

211Maine connects Maine residents to assistance with education, transportation, and housing. Dial 2-1-1 or visit 211maine.org.

FAME (Finance Authority of Maine) provides free resources and support for planning, preparing, and paying for higher education. FAMEmaine.com.

See your **Financial Aid or Career Services Office** for jobs on your school campus.

Maine College Transitions is offered at many adult education centers to prepare students to go back to college. MaineCollegeTransitions.org

Advisors at **Maine Education Opportunity Centers** (MEOC) assess academic readiness, provide career counseling, and refer individuals to community resources. MEOC.maine.edu

New Ventures offers tuition-free classes, workshops, and one-on-one coaching. Their matched-savings programs help build savings for emergency expenses and to pay for education. NewVenturesMaine.org

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HIGHER EDUCATION: SCHOLARSHIPS & FINANCIAL ASSISTANCE

The **Competitive Skills Scholarship** helps workers learn new skills for jobs in growing sectors of the Maine economy. Support may include help with tuition, books, supplies, child care, transportation, and more. MaineCareerCenter.com

The **Division for the Visually and Hearing Impaired Office** is part of the Division of Vocational Rehabilitation and works primarily with those who are visually or hearing impaired. Assistance with higher education and adaptive tools may be available to help students reach their higher education goals.

Maine.gov/rehab

Higher Opportunities for Pathways to Employment (HOPE)

provides wraparound financial assistance beyond just educational expenses and offers a point person to help navigate and complete a degree program.

Maine.gov/DHHS/OFI/programs-services/hope

The **Maine Community Foundation** provides a comprehensive scholarship listing searchable by region, student type, and scholarship type. MaineCF.org

Parents as Scholars (PaS) participants receive monthly support and financial assistance for child care, transportation, and more. Parents who are eligible for, but not necessarily receiving, Temporary Assistance for Needy Families (TANF) are eligible. This program is administered and funded by DHHS. Maine.gov/DHHS

HOUSING

Community Action Programs may help with housing, health care, heating assistance, discounted telephone services, and much more. Please visit any one of the 14 locations around Maine.

MaineHousing.org/charts/maine-community-action-agency-contacts

Community Housing of Maine serves a variety of people including older Mainers, people with low incomes, and those who can't afford to live near their work. Call 207.879.0347 or visit CHomHousing.org for a complete list of people they serve.

Department of Health & Human Services offers a variety of resources to help individuals find housing, food assistance, child care, and mental health providers. 207.287.3707 Maine.gov/DHHS

Family Violence Project offers shelters for victims of abuse as well as transitional housing. FamilyViolenceProject.org

Maine Housing Authority helps people obtain and maintain decent, safe, and affordable housing. 207.626.4600 MaineHousing.org

LEGAL ASSISTANCE

Cumberland Legal Aid Clinic provides free legal aid to more than 600 low-income individuals and families every year.

MaineLaw.Maine.edu/Public-Service/CLAC/

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FAMEmaine.com



Maine Equal Justice Partners provides legal assistance for people with low incomes. MaineEqualJustice.org

Pine Tree Legal provides free legal help for people with low incomes. PTLA.org

MEDICAL & DENTAL

Community Dental provides comprehensive, quality oral health care for people of all ages who live in southern, western, and central Maine. Fees may be charged on a sliding scale. CommunityDentalME.org

FamilyWize provides more affordable prescription medications to individuals and families through partnerships with community groups, health care providers, and retail pharmacies. FamilyWize.org

Federally Qualified Health Centers provide healthcare services on a sliding scale. MEPCA.org/community-health-centers/

The **Maine Medical Association** provides free medical services. Find a location near you at MaineMed.com.

MENTAL HEALTH

See counseling services offered by your school.

Crisis and Counseling Centers respond to the mental health and substance abuse needs of individuals in Knox, Kennebec, and Somerset counties and offer parent support and training statewide. CrisisandCounseling.org

Maine Behavioral Healthcare provides crisis services 24 hours a day, 7 days a week, 365 days a year throughout Southern and Mid-Coast Maine. Call the Maine Crisis Line (below) or visit MaineBehavioralHealthcare.org.

Maine Crisis Line (available 24 hours a day, 7 days a week) offers support and services for a range of behavioral health crises including suicide assessment and intervention. Calls are answered by trained behavioral health clinicians in the crisis service center closest to the caller's location. [1-888-568-1112 \(Voice/TTY\)](tel:1-888-568-1112)

NAMI Maine (National Alliance on Mental Illness) provides help and support to Mainers dealing with mental health challenges. They also provide opportunities for volunteering, advocacy, and education. NAMImaine.org

NEW MAINERS

Goodwill Industries provides and pays for training for asylum seekers who are seeking work authorization. GoodwillNNE.org

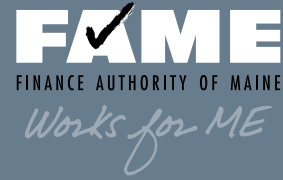
MALDEF offers a free Resource Guide with an extensive list of scholarships, including many that do not inquire about immigration status. MALDEF.org/resources/scholarship-resource-guide/

ProsperityME offers financial literacy courses, one-on-one financial counseling, Individual Development Accounts, counseling for higher education, and small business support. ProsperityME.org

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FAMEmaine.com



OTHER SUPPORT SERVICES

Digital Equity Center provides tools, resources, and strategies to help Mainers achieve the digital literacy skills needed to succeed in education and the workforce. Digitalequitycenter.org

See your **Financial Aid or Career Services Office** for jobs on your school campus.

Food Supplement (also known as SNAP) offers nutrition assistance to low-income individuals and families. Maine.gov/DHHS

MaineCare offers free or low-cost health insurance for those that qualify. Maine.gov/DHHS/OMS

REENTRY RESOURCES

Maine Prison Advocacy Coalition works to help those returning from incarceration by connecting them with community resources. In addition, they work on advocacy issues related to prison reform. MainePrisonerAdvocacy.org

Maine Prisoner Reentry Network partners with community resources to provide the connections necessary to support those returning from incarceration to their communities. Re-EntryMaine.org

SUBSTANCE ABUSE

Crisis and Counseling Centers respond to the mental health and substance abuse needs of individuals in Knox, Kennebec, and Somerset counties and offer parent support and training statewide. CrisisandCounseling.org

Maine Alcoholics Anonymous AlcoholicsAnonymous.com/aa-meetings/maine/

Maine Behavioral Healthcare provides crisis services 24 hours a day, 7 days a week, 365 days a year throughout Southern and Mid-Coast Maine. 1.888.568.1112 MaineBehavioralHealthcare.org

Maine Narcotics Anonymous NAmaine.org

TAX PREPARATION

CA\$H Maine offers free tax preparation to qualified individuals and families and provides information about money management, asset-building and funding higher education. CashMaine.org

TRANSPORTATION

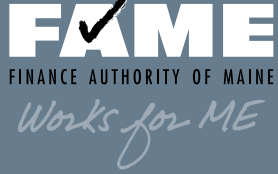
Many **Community Action Programs** provide free/low-cost local transportation. MaineHousing.org/charts/maine-community-action-agency-contacts

Getting There helps Eastern Maine residents come up with their own transportation solutions. Find a ride for yourself or a family member, or provide one for a neighbor. GettingThereMaine.com

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The **GoMaine** website lists transportation options, including carpools, public transportation, and emergency rides. [GoMaine.org](https://www.gomaine.org)

VETERANS

Bureau of Veterans Services has a comprehensive list of services available to Maine veterans. [Maine.gov/veterans/](https://www.maine.gov/veterans/)

FAME's website has education resources for service members, veterans, and their families. [FAMEmaine.com/education/audiences/military/](https://www.famemaine.com/education/audiences/military/)

Goodwill Industries Veterans Job Connection & Veterans Fund helps stateside veterans and their families living in Maine, New Hampshire, or Vermont achieve personal stability. The program addresses issues like homelessness, mental health, long-term unemployment and more. Priority is given to those who have served in combat zones, and spouses and children of fallen soldiers. [GoodwillNNE.org/jobs/veterans-job-connection/](https://www.goodwillnne.org/jobs/veterans-job-connection/)

Maine State Approving Agency for Veterans Education is responsible for approving programs of education and training for individuals that receive GI Bill benefits. They also maintain a directory of these programs. [MSAA.maine.edu](https://www.msaa.maine.edu)

Student Veteran Organizations: Your school may offer Veterans Support Service Advisors, a Veterans Mentor Program, or a Veterans Resource Center.

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