



## Millinocket Regional Hospital

**Lifestyle Fitness Center**  
207-723-6454

**Nutrition Services**  
207-723-5161 ext. 265

## Education

**Katahdin Region Higher Education Center**  
207-746-5741

**Penquis Higher Education Center**  
207-564-2942

## Penquis

**Headstart**  
1-800-215-4942

**Child Care Services**  
1-800-215-4942

## Abuse Helplines

**Hope & Justice Project**  
1-800-439-2323

**Child Abuse and Neglect Hotline**  
1-800-452-1999

## Our Mission

Katahdin Valley Health Center will provide community accessible, quality healthcare with compassion and dignity.

## Our Vision

Katahdin Valley Health Center will be the provider of choice within our communities, responsive to the healthcare environment while serving as the voice and vehicle for promoting healthcare access to all.

KVHC health centers are conveniently located in the following communities:  
Ashland • Brownville • Dover-Foxcroft • Houlton  
Island Falls • Lincoln • Millinocket • Patten

Contact us through our toll free number or on the web:  
1-866-366-5842 • [www.kvhc.org](http://www.kvhc.org)

Katahdin Valley Health Center is an equal opportunity provider and employer.

## Local Community Resources



## Brownville

KVHC understands the importance of having an established medical and dental home. We also understand caring for your health does not start and stop with your doctor's appointment. We put this list of healthcare services and resources together to offer you additional community support in your pursuit for good health.



Creating healthy communities, starting with **you**.

## Transportation

**Penquis Transportation**  
1-855-437-5883

**Logisticare**  
1-855-608-5180

**Eastern Area Agency on Aging**  
1-800-432-7812

**Katahdin Valley Health Center**  
1-866-366-5842 ext. 325

## Food

**I Care Ministries**  
207-723-7977

**Food Stamp Hotline**  
1-800-452-4643

**Dover-Foxcroft Area Food Cupboard**  
207-717-7529

**Medicare Hotline**  
1-800-633-4227

Medical + Dental Care, Optometry, Podiatry,  
Behavioral Health, Prescription Assistance,  
Brownville Senior Citizens,  
Affordable Health Care ([Healthcare.gov](http://Healthcare.gov))

**Katahdin Valley Health Center**  
1-866-366-5842

## Weight Loss

**TOPS (Take Pounds Off Sensibly) - Millinocket**  
St. Andrew's Episcopal Church - Millinocket

**Weight Watchers**  
1-800-651-6000

## Substance Abuse

**Alcoholics Anonymous**  
1-800-737-6237

**Al-Anon (for those whom alcoholism affects)**  
1-800-498-1844

**Alcohol & Drug Abuse HELpline**  
1-800-671-0929

**Substance Abuse Rehab**  
[www.drugrehabmaine.net](http://www.drugrehabmaine.net)

## Quit Smoking

**The Maine Tobacco HelpLine**  
1-800-207-1230

## Poison Control

1-800-222-1222

## Crisis Intervention HELpline

1-800-432-7805

## Disaster Services

**American Red Cross**  
1-800-733-2767

## Legal Help

**Pine Tree Legal Assistance, Inc.**  
207-764-4349

## Seniors 60 and Older

**Eastern Area Agency on Aging**  
Bangor - 1-800-432-7812

**In-Home Care Resources**  
<https://www.caring.com/senior-care/in-home-care/maine>

## Alzheimer Support Group

**Millinocket Regional Hospital**  
207-723-5161

## Veteran's Crisis Line

1-800-273-8255, press 1

## WIC (Women, Infants, and Children)

1-800-437-9300

## Fuel Assistance

**Penquis**  
207-973-3630