



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

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

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

Local Community Resources



Millinocket

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

Penquis Lynx Brokerage
With MaineCare: 1-855-437-5883
Without MaineCare: 1-866-853-5969

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

Fuel Assistance

Penquis
207-973-3630

Medical + Dental Care, Optometry, Podiatry,
Behavioral Health, Prescription Assistance,
Millinocket Senior Citizens,
Affordable Health Care (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

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

Medicare Hotline

1-800-633-4227

Seniors 60 and Older

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

Alzheimer Support Group

Millinocket Regional Hospital
207-723-5161

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

Veteran's Crisis Line

1-800-273-8255, press 1

WIC (Women, Infants, and Children)

1-800-437-9300