

Transportation

Penquis Transportation

1-855-437-5883

CTS (Coordinated Transportation Solutions)

1-855-388-1068

Eastern Area Agency on Aging

1-800-432-7812

Katahdin Valley Health Center

1-866-366-5842 ext. 325

Food

Katahdin Kupboard

207-746-5741

I Care Ministries

207-723-7977

Food Stamp Hotline

1-800-452-4643

Fuel Assistance

Penquis

207-794-3093

Health Care, Dental Care, Optometry, & Podiatry

Katahdin Valley Health Center

1-866-366-5842

Prescription Assistance

Katahdin Valley Health Center

1-866-366-5842 ext. 325

Affordable Healthcare (Healthcare.gov)

Katahdin Valley Health Center

1-866-366-5842 ext. 325

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

Behavioral Health

Katahdin Valley Health Center

1-866-366-5842

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

Millinocket Senior Citizens

Katahdin Valley Health Center

1-866-366-5842 ext. 325

Seniors 60 and older

Eastern Area Agency on Aging

Bangor - 1-800-432-7812

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

Poison Control

1-800-222-1222

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



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.



Katahdin Valley Health Center

Our goal is your good health.

As a member of the community, Katahdin Valley Health Center is committed to you, your healthcare needs, and your overall well being.

Serving Patients In:

- Patten • Houlton • Millinocket
- Island Falls • Ashland

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

Katahdin Valley Health Center Serving Our Communities



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.



1-866-366-5842
www.kvhc.org