

YARMOUTH SERVICES

YCAN- YARMOUTH CARES ABOUT NEIGHBORS

YCAN'S Complete List of Services: <https://ycan.info>

Partial List of YCAN Services:

- **Yarmouth Community Food Pantry:** <https://ycan.info/food-support/>
- **Older Adult Services- Yarmouth Aging In Place:** <https://ycan.info/need-senior-support/>
- **Need Transportation:** <https://ycan.info/transportation/>
- **Need Heating Assistance:** <https://ycan.info/yarmouth-fuel-assistance-fund/>
- **Emergency/Acute Needs Fund:** <https://ycan.info/emergency-acute-needs-fund/>

YARMOUTH COMMUNITY SERVICES:

<https://www.yarmouthcommunityservices.org/activity-guide>

NEIGHBORING COMMUNITY SERVICES

- **Freeport Community Services:** <https://fcsmaine.org>
- **Town Of Cumberland:** <https://www.cumberlandmaine.com>

REGIONAL AND STATE SERVICES

SUPPORT SERVICES IN MAINE:

- **To Be Directed To Particular Support Services in the State of Maine**
Dial: 211 or go online: <https://211maine.org>, or text your zip code to 898-211, or email info@211maine.org.

OLDER ADULT SERVICES:

- **Southern Maine Agency On Aging (SMAA) :** <https://www.smaaa.org>
- **Yarmouth SMAA Resource Link:** <https://yarmouthlibrary.org/community-resource-specialist/> or contact Dannielle Gladu at 207-835-9866, or e-mail her at YarmouthResources@smaaa.org.

RESOURCES FOR MENTAL HEALTH

- **Maine State Crisis Line: 1-888-568-1112**
- **Suicide And Crisis LifeLine: 988**
 - **For Veterans Dial: 988 AND PRESS 1**
- **NAMI ME Helpline: 1-800-464-5767 (press1)**
- **Intentional Peer Support Warmline: 1-866-771-WARM (9276)**
- **For Help Finding aTherapist In Your Area:**

- Ask your Primary Care Provider for a referral. Some healthcare practices offer integrated behavioral health services.
- Access 211: <https://211maine.org/mental-health/>
- You may find a local therapist through Psychology Today by accessing <https://www.psychologytoday.com/us> and search for your location. There are lists of many area therapists.
- Call your health insurance company and ask them to send you a list of network providers in your area.

ADDITIONAL INFORMATION FROM YARMOUTH HUMAN SERVICES

An e-mail from Christine Hayashida, Yarmouth Human Services

As a representative of the Yarmouth Human Services office, I am reaching out to local churches to share some of the resources available to residents in need. While this is not an exhaustive list (and you're probably already aware of some of the resources), I hope it's a helpful reference for a congregant who is seeking assistance from their church. Please note that, unless otherwise specified, the following are only for Yarmouth residents.

RENT

- [General Assistance \(GA\)](#): All towns have GA; Yarmouth residents can contact me, Christy, for more information or to apply (846-2406; ga@yarmouth.me.us).
- [Cumberland County Homeless Prevention Program](#): For all Cumberland County residents; administered by Opportunity Alliance.
- Please note that the above programs are "programs of last resort" and are difficult to qualify for. Regardless, I encourage your congregants to call me to help them determine if they would benefit from either (846-2406; ga@yarmouth.me.us).

HEAT

- [YCAN's Heating Assistance Fund](#): This program is for low to low middle income; contact Christy to apply (846-2406; ga@yarmouth.me.us).

FOOD

- [YCAN's Yarmouth Food Pantry](#) – Open Tuesdays and Fridays 10:00 am-12:00 pm, located at the back of First Parish Church (116 Main Street, Yarmouth) on Storer Street. New clients must first fill out a short TEFAP form at the food pantry and qualify (e.g., family of 4 must be at or below \$96,450 in annual income). Residents can go once/week.

WINTER WEAR

- [YCAN's Operation Bundle Up](#) - Winter coats, snow pants, hats, gloves/mittens, and some boots for children, women, and men. All items are new or very gently used (we are very particular about the condition of used items). Residents can come to Yarmouth Community Services Monday-Friday, 8:30am-4:00pm to ask for winter wear.

ONE-TIME EMERGENCY NEEDS

- [YCAN's Emergency Acute Needs](#) - Addresses unmet immediate emergency/acute needs. Intended to provide "stop-gap" assistance for a one-time emergency or short-duration need. Residents must first qualify. Previous examples of help: Individual's bike was stolen and was his only transport to work; EAN helped fund a new bike. Newly disabled person needed a railing installed so she could enter her home; EAN helped fund railing installment. Contact Christy (ga@yarmouth.me.us; 846-2406) or [YCAN](#) to apply.
- [Southern Maine Agency on Aging's WIN Fund](#) - Can assist with food, electric, and clothing. Does not cover rent or security deposits. Clients can receive once per year and three times in their lifetime. Contact YarmouthResources@smaaa.org; 835-9866.

Additional resources are available, and I am happy to talk to anyone to help them determine the resources that would be best for them. Please don't hesitate to reach out if you have questions or concerns.

Thank you,

Christy

Christine Hayashida
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