



Resources for Victims and Families In Androscoggin County

Trauma Informed Counselors / Therapists

- Jessica Berk, LCSW 207-330-0204 – Telehealth Available – Physically located in Damariscotta, but willing to travel to Lewiston if needed.
- Cherie Haire, LCPC-CC 207-383-5672 – constellationartswellness@gmail.com
Telehealth Available – Physically located in Biddeford, but willing to travel to Lewiston if needed. Offering Pro Bono if needed (does accept MaineCare and self-pay)
- Casey Knight, LCSW 207-689-7258 – rootedinmaine@gmail.com - Telehealth Available – Works out of St. Mary’s and Sweetser in Lewiston.
- Amanda Lewis, LCSW 207-776-0597 – Telehealth Available – Physically located in Westbrook. Takes all major insurances and Maine Community Health Options.
- Alexandria Synsmir, LCSW 207-808-1029 – Telehealth Available – Physically located in Kennebunk. TF-CBT trained. Most Major insurances and MaineCare accepted.
- Katherine Kaufmann, LCSW 207-751-6747 Telehealth Available – Works as the Auburn Middle School and can see new patients in the afternoons/evenings – Offering Pro Bono.
- Celia Grand – celiagrands.com – Trauma Informed, EMDR – Online/Telehealth Available.
- Francesca Perlov, LCSW 207-619-0933 – francescaperlovlcsw@gmail.com – Telehealth Available (contact last if possible).
- Glenna Waterhouse – Certified Christian Trauma Coach 207-608-3850
glena.waterhouse@gmail.com - Telehealth Available – Located in Waterboro, will travel if needed.



Resources for Victims and Families Outside of Androscoggin County

Resources for Hancock County

- AMHC : 1-800-244-6431 - Dr. Angela McCormack
- Community Health and Counselling Services - 1-800-924-0366
- Mount Desert Island Behavioral Health - (207) 288-8604
- Ursula Hanson, LCSW - (207) 664-9556

Resources for Washington County

- Sunrise Opportunities – (207) 255-4701 Central intake
- Calais Behavioral Health Center – (207) 454-3022

Resources for Aroostook County

- Healing Hearts – Caribou – (207) 492-1000
- AMHC – Aroostook 1 800-244-6431 – Dr. Angela McCormack
- Peaceful Purpose – Houlton Melissa Flewelling – to schedule go to:
<https://www.peacefulpurpose.net/>
- Northern Maine General – Behavioral Health (207) 444-5152

Resources in Central Maine

- Kennebec Behavioral Health: Access Center: 207-873-2136 option: 3
- Locations: Skowhegan, Farmington, Waterville, & Augusta
- Crisis & Counseling: 207-626-3414, Augusta
- Sara Fenwick, LCPC: 207-592-9166, Augusta
- Advanced Counseling & Therapy Center: 207-689-8004, Belgrade
- Laurie Spataro – Augusta 561-713-8511
- Jewell Arbour, psychotherapist: (401) 515-5543, Augusta and Readfield (limited availability)
- Ann Morgan, LCPC: 207-314-7463, Waterville
- Todus (for veterans): 207-8411 ext 5515, Augusta
- Water's Edge Therapy: 207-616-0499, Waterville
- StonyCreek Psychotherapy and Wellness(telehealth): 207-956-5977, Falmouth



Resources for Penobscot and Piscataquis Counties

- Community Health and Counselling Services – Bangor 1 800-924-0366
- Northern Light Acadia -268 Stillwater Ave. Bangor - 207-973-6100
- Dirigo Counseling Clinic -Bangor, ME 04401 - 207-973-0505
- Higher Ground Service - Brewer, ME 04412 -207-561-9496

Statewide

- Crisis Help Line: 1-800-273-8255
- Support Warm Line: 1-866-771-9276