

Are you a Mainer affected by last winter's storms?



StrengthenME

Storm Response

A free & anonymous program that connects people to local mental health and community services.

ARE YOU WORRIED ABOUT THE NEXT BIG STORM?

Are you experiencing any of the following signs of stress?

- Feeling isolated or alone
- Feeling sad or depressed
- Difficulty sleeping or nightmares
- Feeling nervous or anxious
- Feeling more irritable or angry
- Increased drinking or drug use

The Town of Harpswell:

207-833-5771 x108

Offering assistance with:
rent, food, electricity, fuel and household/personal items



For immediate mental health support
available 24/7, call 988



MORE INFORMATION

Contact:

MidcoastCHI@mainehealth.org



StrengthenME Storm Local Resource Guide:

Housing and Home Repair:

Harpswell Aging at Home: Provides free or nominal cost home repairs to assist older adults to age in place.

Contact: (207) 833-5771 x 108 | email: hah@hah.community

Food:

Food pantry at the Town Office: Monday, Tuesday, Wednesday & Friday, 10 am - 3 pm. Thursday, 12pm - 6pm. No appointment needed, no questions asked!

Questions? Call 207-833-5771

Household Assistance:

The Town of Harpswell: General assistance with rent, fuel, electricity and household items.

Contact: 833-5771 ext.108

Midcoast Wood Bank: A local volunteer-run fuel assistance program for our neighbors in need.

Contact: 207-200-8689

Social Connection:

Harpswell Aging at Home offers a variety of programming to keep you connected to your neighbors. For more information:

207-833-5771 x108 or email: hah@hah.community