



**Community Health and
Counseling Services**

Has COVID-19 left you feeling

Overwhelmed?

Uncertain?

Scared?

Angry?

Isolated?

Exhausted?

These are all normal reactions to an abnormal situation.

COVID-19 has impacted everyone's life. We have had to live very differently this past year in an effort to reduce the spread of the virus. These changes at home, work, school or in general can be difficult to manage.

Through a partnership between the StrengthenME Program and Community Health and Counseling Services, phone or telehealth support is available to people living in Piscataquis and Penobscot

Counties who need additional resources.

How We Assist

Individual or Family

Encounters

Public Education

Support Groups

Linkage to Resources

Distribution of Printed

Materials



What can I expect when I call?

You can expect a friendly and helpful person at the other end of the phone.

You can expect to learn of resources that are responsive to the needs you are experiencing.

You can expect confidentiality

– services are anonymous.
No records are kept.

WE ARE HERE TO HELP.

To speak with a local staff member regarding your COVID related needs or questions,

please call

(207) 221-8198

Monday-Friday 8-5

