



TRI-COUNTY MENTAL HEALTH SERVICES

We offer hope

Referral Line: 1-888-304-HOPE (4673)
Statewide Crisis Services: 1-888-568-1112
TTY: 1-888-568-1112
MAIL TO: P.O. Box 2008
Lewiston, ME 04241-2008
www.tcmhs.org

ADMINISTRATION/ OUTPATIENT LEWISTON

1155 Lisbon Street
Lewiston, ME 04240
Main Number 783.9141
Toll Free: 1.800.787.1155

EMERGENCY & COMMUNITY BASED SERVICES

230 Bartlett Street
Lewiston, ME 04240
Main Number 783.4695
Toll Free: 1.800.550.3427

SOCIAL LEARNING CENTER

80 Strawberry Ave
Lewiston, ME 04240
Main Number 783.4672
Toll Free: 1.877.208.6134

COMMUNITY HOUSING

244 Lisbon Road
Lisbon, ME 04250
Main Number 353.4100
Toll Free: 1.877.200.9076

BRIDGTON

32 No. High Street
Bridgton, ME 04009
Main Number 647.5629
Toll Free: 1.800.286.5629

FARMINGTON

144 High Street, Ste 1
Farmington, ME 04938
Main Number 778.3556
Toll Free: 1.800.559.3556

OXFORD HILLS

143 Pottle Road
Oxford, ME 04270
Main Number 743.7911
Toll Free: 1.800.750.7911

RUMFORD

49 Congress Street
Rumford, ME 04276
Main Number 364.7981
Toll Free: 1.800.371.7981

WINDHAM

744 Roosevelt Trail
No. Windham, ME 04062
Main Number 892.4623

News Release

Contact: Tina Clark 207-783-4663 x 158 or tclark@tcmhs.org
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Telepsychiatry Expanding Access to Care

RUMFORD/LEWISTON- For people living in rural areas, a regular visit to a psychiatrist used to be mean a long drive or ride on public transportation - if you could get an appointment, and if transportation was available. Tri-County Mental Health Services is making it easier with telemedicine.

The agency, a longtime local resource with a full range of services addressing mental health and substance abuse, is extending its psychiatric presence with the use of technology. It features a secure, high speed internet connection and large flat screen monitors. Consumers sit with a member of their treatment team and converse with Medical Director Tom Sneed, M.D. from another location. This allows Dr. Sneed to spend less time on the road and more time with patients. The service is available at all of our clinics, and also in primary care doctors' offices in Rumford and Bridgton. For people like *Mary* (not her real name), it has been a relief. *Mary* lives with severe anxiety, and her monthly trip to Lewiston from Rumford was an all-day ordeal and always stressful for her. Now it is as easy as turning on a computer. The project was funded with a grant from the Betterment Fund.

Tri-County Mental Health Services is Maine's most comprehensive agency dealing with the psychological and social well-being of children, adults, and elders, serving more than 11,000 people each year. This year the agency marks its 60th year of providing innovative programs and services addressing mental health, substance abuse, mental retardation/developmental disabilities, autism, and more. Its philosophy of building toward recovery and sensitivity to traumatic experiences of consumers gives hope to individuals, families, and communities in Androscoggin, Cumberland, Franklin, Oxford and York counties. For information and referrals call 1-888-304-HOPE(4673).

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