

Getting a counselor online is easier than ever

But it seems like internet and phone bills keep going up and up.

There are programs to help you afford it. Some even provide you with free devices if you qualify.

You automatically qualify if you are currently receiving the following:

- MaineCare
- SSI
- Have a child who qualifies for the National School Lunch Program (NSLP)

If you don't have the internet at home, or your data is limited, please enroll at the Rumford Public Library.



Affordable Telehealth Access Guide

It is closer than you think!



Affordable Connectivity

The Affordable Connectivity Program (ACP) provides \$30/month off either wired or wireless internet programs. Spectrum, Verizon, and others (such as StraightTalk) all participate.

It does not matter if you are a new or existing customer.

First, apply for ACP at:
<https://acpbenefit.org/>

You will need a valid email address. Most requests are granted within 1-2 business days.

The Federal Communications Commission will email you with an ACP code.

Use this code online on your account, or call your provider and they will help you apply it.

Links and information for select providers in the area are provided below.

<https://www.straighttalk.com/acp>

<https://www.verizon.com/home/promo/affordable-connectivity-program/>

LifeLine / Wireless

Some folks are eligible for LifeLine, which will provide you with free phone or mobile service if you qualify.

These applications typically take longer to process but it's worth it! We all need a phone to help keep in touch, especially now. Being able to access your counselor or doctor with telehealth is convenient and makes keeping appointments easier.

<https://lifelineassistance.org/>

Data, Wireless and More

Qlink wireless is a company that uses your ACP benefit to provide free mobile internet and phone service.

You may keep your phone and number. Their coverage is quite good in Oxford, Franklin, and Androscoggin Counties.

Once you are using their service, contact customer service for a FREE TABLET.

<https://qlinkwireless.com/>

Where to get a counselor?

Once you have an affordable internet option, and a phone/tablet, it is time to find a counselor.

Psychology Today

This website hosts the largest directory of therapists. You can filter by teletherapy options as well as if they accept MaineCare or offer sliding scale payment.



<https://www.psychologytoday.com/>

Local Agencies

Telehealth support is often available through local mental health agencies as well. Call for more information:

Oxford County Mental Health

(207) 364-3549

Tri-County Mental Health

(207) 364-7981