



A 501 (c) (3) charitable organization - Since 2001

MAINE (ME)

Population: 4,338,404 (USA Rank: 42)

Per Capita Income: \$32,095 (USA Rank: 24)

U.S.Governments: <https://www.usa.gov/elected-officials>

(Federal, State & local - most recent elected officials)

Maine: <https://www.maine.gov>

Governor's office: 207-287-3531 www.maine.gov/governor/mills/contact

Secretary of State: <https://www.maine.gov/sos>

Tourism: www.visitmaine.com

Major Cities: Portland, Lewiston, Bangor, Auburn

Multicultural Council of America

non-profit umbrella organization, promoting world cultures, education & healthcare

<https://www.multiculturalcouncil.org>

Email: info@multiculturalcouncil.org

WE are a non-profit membership organization, helping you connect with people and organizations within **Maine** and beyond, for better communication, exchanging ideas, learning & helping communities locally, nationally and globally thru Multicultural Council Chapters.

We encourage you to please become a *member*, join one of our committees, **be a volunteer or mentor**, *donate your time & money and share your ideas to help the communities*. Membership is open to individuals, organizations, corporations and governments.

Please *advertise* your organization, services or products in this website to reach out to local, regional and global multicultural communities.

Tourism Promotion has become our special project during these uncertain times. Tourism is the world's largest industry. Prior to the pandemic, according to the National Travel and Tourism Week (NTTW) the travel industry was a powerful economic engine, supporting jobs and driving local economies in every pocket of America. The industry had experienced 107 straight months of growth, generated \$2.6 trillion in economic output, supported 17 million American jobs and delivered a \$51 billion trade surplus to the U.S.

In 2020, more than 12 million visitors came to Maine, and while it was just a fraction of the 37.3 million who visited in 2019, the tourists visited despite months of quarantine, shutdowns and travel restrictions. In 2021 it was indeed more than 12 million, keeping tourism as the number one industry in Maine, providing more than 20 per cent of its GDP.

While Tourism bounced back strongly in 2022, driven by pent-up demand and the lifting of travel restrictions, the international travel remains 54.6% below pre-pandemic. The recovery is fragile with new uncertainties from the economic slowdown & geopolitical instability.

The Multicultural Communities within Maine and throughout the world have always been instrumental in increasing Tourism Revenues for Maine, for employment and our economic growth. Let's work together to help each other.

Population by Race: Source: Census Bureau – American Community Survey (<https://census.gov/acs>) & *Pew Research*

		Maine				U. S.A.	Change 2010-21	% increase
1	White	94.3%				192,750,000	-4,060,000	(<0%)
2	Black or African American	1.4%				39,270,000	1,580,000	7%
3	Hispanic or Latino	1.7%				62,530,000	12,050,000	52%
4	Asian	1.2%				18,890,000	4,420,000	19%
5	American Indian and Alaska Native	0.6%				-	-	-
6	Two or more Races	2.2%				14,300,000	8,330,000	36%
7	Pacific Islanders	0.0%				-	-	-
8	Mainers Speaking A Foreign Language at Home	6.1%				-	-	-

How Much Do You Need To Earn, to Live Well in Maine?

Family Budget Calculator, developed by the Economic Policy Institute (www.epi.org/resources/budget) allows you to calculate the average amount of money you need for Housing, Food, Childcare, Transportation, Healthcare, Taxes, etc. in the area where you live or wish to live.

Maine Information, Contacts & Resources

- **History & Culture:** https://en.wikipedia.org/wiki/History_of_Maine
- **History & Culture:** https://www.maine.gov/portal/about_me/history.html
- **Demographics:** <https://www.census.gov/quickfacts/ME>
- **Discrimination** (*Violation of Your Civil Rights based on race, color, national origin, disability, sex, religion, familial status, etc.*): 833-591-0291 or Toll-Free:1-855-856-1247 <https://civilrights.justice.gov>
- **Eldercare:** Connecting older Americans with local resources – www.eldercare.acl.gov 800-677-1116 eldercarelocator@USAging.org
- **Environment** (Air Quality in your zip-code for Home/Work) www.airnow.gov & www.enviroflash.info
- **Health:** <https://www.maine.gov/dhhs>
- **Health: National Association of Free & Charitable Clinics:** 703-647-7427 - <https://nafcclinics.org> info@nafcclinics.org
- **Drug Information** (*Interactions, side-effects, etc.*): Call your local pharmacist or FDA at 1-855-543-3784 and 1-301-796-3400 or write to druginfo@fda.hhs.gov
- **Immigration & Citizenship:** www.uscis.gov/citizenship Email: Office.of.Citizenship@uscis.dhs.gov
- **IRS-Taxpayer Advocate Service:** 877-777-4778 www.taxpayeradvocate.irs.gov
- **Fraud, Scams & Bad Business Practices:** 1-877-382-4357 <https://reportfraud.ftc.gov>
- **The Innocence Project helping wrongfully convicted Americans:** <http://www.innocenceproject.org> - Email: info@innocenceproject.org
- **Need Urgent Legal Help?** Legal Services Corporation: 202-295-1500 (www.lsc.gov- info@lsc.gov) or American Bar Association: Toll Free: 800-285-2221 www.americanbar.org

Maine Crisis Hotlines: <https://www.maine.gov/dhhs/about/contact/hotlines>

911 or 711 or 1-888-568-1112 (Voice) is the statewide crisis # **in Maine**) including for;

- **Adult Protective Services:** 1-800-624-8404 (Voice)
- **Child Protective Services:** 1-800-452-1999 (Voice)
- **Domestic Violence Helpline:** (1-866-834-HELP (4357)
- **Mental Health:** 1-800-464-5767 - www.namimaine.org - helpline@namimaine.org
- **Peer-to-Peer Phone Support Program:** 1-866-771-WARM (9276)
- **Poison Control:** 1-800-222-1222 (Voice)
- **Sexual Assault:** 1-800-871-7741 (Voice)
- **Suicide Prevention:** 1-888-568-1112 (Voice)

2-1-1 Maine, Inc. Dial **211 or 1-877-463-6207** (When Out of State) :

If you are not sure who to call, dial 2-1-1 to get connected to statewide services and programs. One number - thousands of services. 2-1-1 is an easy-to-remember, 24-hour number that connects people who want to give help or get help with a full range of health and human services in their community. For more information visit: www.211maine.org.

Misc. Maine Help Lines:

- **Al'anon** (Statewide): 1-800-498-1844 - www.maineafg.org.
- **Alcoholics Anonymous:** 1-800-737-6237 – www.csoaamaine.org
- **Narcotics Anonymous (NA):** 1-800-974-0062 - www.namaine.org.
- **Opioid Use Disorder:** 1-800-974-0062 - www.eyesopenforme.org
- **Tobacco Helpline:** 1-800-207-1230 - visit www.thequitlink.com/.

National Crisis Resources: 24-hour nationwide – Services may be available in many languages

Addiction Hotline: 800-784-2433

Child Abuse: 1-800-4-A-Child or 1-800-422-4453 (National Child Abuse Hotline) www.childhelp.org

Domestic Violence: 1-800-799-7233 (National Domestic Violence Hotline)

StrongHearts Native Helpline: Call/Chat: 1-844-7NATIVE (762-8483) www.strongheartshelpline.org

Shelters: <https://www.domesticshelters.org>

Online Chat (7am-2am CST) <https://www.thehotline.org> - All calls are toll-free & confidential

Human Trafficking Hotline: 1-888-373-7888 (Text # 233733)

National Center for Missing & Exploited Children: 1-800-THE-LOST or 1-800-843-5678

National Indigenous Women's Resource Center – 855-649-7299 – www.niwrc.org - info@niwrc.org

National Problem Gambling Helpline: 1-800-522-4700-**Text:** 1-800-522-4700-**Chat:** www.ncpgambling.org/chat

Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)**Soon to be 9-8-8**

Poison Control Center For Emergencies: 1-800-222-1222

Covenant House Nineline: 1-800-RUNAWAY (1-800-786-2929) <https://teenlineonline.org>

Girls & Boys Town National Hotline: Phone, Chat, Text, and Email - 1-800-448-3000

National Youth Crisis Hotline: 1-800-442-HOPE (1-800-442-4673)

Samariteens: 1-800-252-TEENS (1-800-252-8336) - 3:00 p.m.-9:00 p.m.

Youth Crisis Hotline: 1-800-HIT-HOME (1-800-448-4663)

Youth America Hotline (YAH!): 1-877-YOUTHLINE (1-877-968-8454)

The Trevor Lifeline: 1-866-488-7386

* *The Trevor Lifeline is a service of The Trevor Project, a non-profit endeavor devoted to promoting tolerance and understanding for **LGBTQ** youth.*

All information contained in this website, including contacts, tel #s or emails, etc. are up-to-date to the best of our knowledge. The Multicultural Council, its officials, staff or volunteers cannot be held responsible for any errors, wrong info or for any liability of any type whatsoever arising thereof. It is strictly your responsibility to check the correct info.

GLOBAL SCHOLARSHIP PROGRAM

Please *donate* & support our Tuition-Free, Post-Secondary Education for the qualified refugees living in Maine or anywhere else in the world, through UNHCR and the American Academy of International Education (<https://www.americanacademyedu.org>)

Your donations may be tax-deductible because MCC is an accredited 501(c)(3) non-profit organization since 2001.

- Multicultural Council of America is a partner agency of UNHCR
- American Academy of International Education is affiliated with MCC



THANK YOU FOR VISITING OUR WEBSITE

**PLEASE FORWARD IT TO YOUR FRIENDS & ASSOCIATES WITHIN MAINE
AND BEYOND**

Please help us by adding, correcting & improving this website to serve our communities

**Please *advertise* your goods & services in this website – to help us continue our services to
communities in Maine**

<https://multiculturalcouncil.org/media-kit-ad-rates>