

Learn More

Visit mainehousing.org/heap for more information and to find your local Community Action Agency.



mainehousing.org/heap

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This Winter, Feel Warm Inside



HEAP may be able to help with your home heating costs.

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Income eligibility rules apply. © 2020 MaineHousing

You can get help paying for your home energy bills and emergency home heating fuel delivery from the Home Energy Assistance Program (HEAP).

Fuel assistance

HEAP is a program that can help pay part of your annual home heating costs. Your benefit amount is based on several factors, including your household size, income, and home energy costs.

Emergency assistance

More help may be available if you have less than a three (3) day supply of heating fuel. We may also be able to help if you cannot pay your bill and your services may be disconnected.

Am I eligible?

Anyone who may need help paying for their home heating costs should apply for the program. Please apply even if your application has been denied before. Apply even if your income may be over the income limits because some expenses may be deducted. Homeowners and renters may apply. You can also apply even if heat is included in your rent. Find more information at mainehousing.org/heap.

How do I apply?

You apply through your local Community Action Agency (CAA). You can apply in person or over the phone. Ask your CAA what documentation you need to have when you apply. Find out more information at mainehousing.org/heap.

What to expect

Appointments fill up fast and it may take a while to get an appointment. It usually takes several weeks to process a HEAP application. If your HEAP application is denied, you can reapply if your circumstances change.

Other help available

If you are approved for HEAP, you may be able to get help with your electric bills through your electricity utility company's Low Income Assistance Plan (LIAP).

Help with home energy costs may also be available through your local General Assistance Program. Call the Maine Department of Health and Human Services (DHHS) at 1-800-442-6003, or dial 7-1-1 for Maine Relay for more information.

Find more info at
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