

211 CAN HELP.

CONFIDENTIAL • FREE • AVAILABLE 24/7

United Way 211 helps anyone with a health or human service need. Whether it's food pantry referral or mental health support. We can help! Se habla Español.*

Dial 211 or 1-800-650-4357 for immediate assistance

Text your zip code to **898-211**

Visit 211nwo.org to chat online or to search our database

***Translation options available.**



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Get Connected. Get Help.™

