



I am struggling with addiction.

I need help with transportation

My partner is being abusive.

I need legal counseling.

I don't have enough food for my kids.

I need help with my utility bills.

211 CAN HELP.

COMPLETELY 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

*Additional language translation options also available.

