



I need help with transportation

I don't have enough food for my kids.

I am struggling with addiction.

My partner is being abusive.

I need legal counseling.

I need help with my utility bills.

# 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](https://211nwo.org)** to chat online or to search our database

\*Additional language translation options also available.

