



United Way's 2-1-1 is a free, confidential, multilingual information and referral helpline open 365 days a year, 9am-7pm.

United Way's 2-1-1 Call specialists can give you information about things such as:

- Food assistance
- Housing assistance and shelters
- Abuse prevention
- Elder care
- Mental health services
- Recycling regulations
- Services for people with disabilities
- How to become a foster parent
- Where to get medical help and more

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NEED HELP?

