

211 HELP STARTS HERE

If you or someone you know is looking for assistance, contact United Way 211 to learn about the following services:

- Food & Housing Assistance
- Mental health & substance use support
- Legal resources
- Clothing and household items
- ... and thousands of other local resources

Dial **211 (800-543-7709)**, text **898-211**,
or visit **211UNITEDWAY.ORG**

24/7 • FREE • CONFIDENTIAL • MULTILINGUAL



211 KEV PAB PIB NTAWM NOV

Yog koj lossis leejtwg koj paub xav tau kev pab, hu rau United Way 2-1-1 kom paub txog cov kev pab nram qab no:

- Cov kev pab uas muaj rau khoom noj thiab vaj tse nyob
- Cov kev pab uas muaj rau cov teeb meem ntawm txoj kev xav thiab kev siv yeeb siv tshuaj
- Cov chaw uas muaj pab kev rau txoj kev ua raws cai
- Khaub ncaws thiab khoom siv hauv tsev
- Thiab lwm cov kev pab uas muaj rau ntau ntau yam nyob rau ib cheeb tsam ntwam no

Hu [211 \(800-543-7709\)](tel:211), xa lus rau [898-211](tel:898-211),
lossis mus saib 211UNITEDWAY.ORG

QHIB 24-TEEV/7-HNUB • HU DAWV XWB CEEV
COV LUS CIA ZOO MUAJ HAIS NTAU YAM LUS

