

# WHAT IS 211?

The 211 network brings together local resources to help people get relief when they need it most.



211 covers all 50 states across the USA



211 made more than 14M connections to help in 2019



211 is available to more than 95% of the country

## SOME OF THE WAYS 211 CAN HELP:



### Essential Needs

- Housing resources
- Utility assistance
- Food resources
- Healthcare
- Job finding assistance, training programs, and more

### Crisis Services

- Mental health or substance use treatment options
- Suicide prevention support
- Domestic violence shelters
- Sexual assault assistance services



### Legal Assistance

- Legal aid
- Lawyer referrals
- General legal services and resources

### Family Support Services

- Resources for youth and young adults
- Home schooling support
- Parenting support
- Early care and education
- Child nutrition programs



### Older Adults

- Benefits assistance
- Home delivered meals / senior meals
- Non-medical home care resources

### Support when times are tough. Get the help you need.

- It's free
- Speak to a highly trained service professional
- Accessible 24/7/365
- 180 languages
- Anonymous and confidential



FIND LOCAL RESOURCES AND GET SUPPORT TODAY

Dial 211  
Visit [211.org](https://www.211.org) (have your zip-code ready)

\*Some services may not be available through every 211.

Sources:  
<https://www.211.org>

**LIFELINE**

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