



Many services and resources are available to you in your community. But which one is the right one for you? How do you get connected with the agency that can help you the most?

2-1-1 was created to be a single source for information about community services, human services and critical intervention. There are two ways to gain assistance from the 2-1-1 network –

- ☎ dial the calling center* 24 hours a day, seven days a week
 - interpretation assistance for more than 150 languages is available when you dial 2-1-1
- 🔍 search the comprehensive social services database at www.ne211.org

By contacting 2-1-1, you can access the following types of services:

- **Basic Human Needs Resources:** food banks, clothing closets, shelters, rent assistance, utility assistance.
- **Physical and Mental Health Resources:** health insurance programs, Medicaid and Medicare, maternal health, Children’s Health Insurance Program, medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention and rehabilitation.
- **Employment Support:** financial assistance, job training, transportation assistance, education programs.
- **Support for Older Americans and Persons with Disabilities:** adult day care, congregate meals, Meals on Wheels, respite care, home health care, transportation, homemaker services.
- **Support for Children, Youth and Families:** child care, after-school programs, Head Start, family resource centers, summer camps and recreation programs, mentoring, tutoring, protective services.
- **Volunteer Opportunities and Donations:** community involvement, volunteer bureaus, disaster relief.

For more information, dial 2-1-1* or visit www.ne211.org.

* 2-1-1 calling is not available in all counties at this time.