

NEED HELP?

JUST DIAL 2-1-1

UNITED WAY 2-1-1 PROVIDES FREE, CONFIDENTIAL, 24/7 REFERRALS FOR:

BASIC HUMAN NEEDS

- Food
- Clothing
- Shelter
- Rent assistance
- Utility assistance

PHYSICAL & MENTAL HEALTH

- Health insurance programs
- Medicaid & Medicare
- Intervention services
- Support groups
- Counseling
- Drug & alcohol intervention
- Victims' services
- Rehabilitation

EMPLOYMENT SUPPORT

- Earned Income Tax Credit (EITC)
- Financial assistance
- Job training
- Transportation assistance
- Education programs

SUPPORT FOR SENIOR CITIZENS

- Adult day care
- Respite care
- Home health care
- Transportation
- Specialized services for both young & old with disabilities
- Employment assistance

SUPPORT FOR CHILDREN, YOUTH, & FAMILIES

- Child care
- After-school programs
- Family resource centers
- Mentoring
- Tutoring
- Protective services

GET HELP DURING A DISASTER:

During a disaster such as a hurricane, tornado, fire, or flood, a 2-1-1 Call Specialist links the caller to:

- Emergency shelters
- Grief counseling
- Food distribution centers
- Clean-up crews
- State & federal assistance
- Potable water, ice, food
- Volunteer opportunities
- Emergency financial assistance



Dial 2-1-1 or toll free
1-888-421-1266
or search the database online at:
www.211connectsalabama.org