Help is one call or text away!



Call or Text 211

2.1.1

Free • Confidential

24/7 • Speak to a live person • 150⁺ Languages
Text your zip code to 898211

An expert navigator will lead you to the help you need:



Crisis Services



Clothing / Household Items



Family



Food / Meals



Substance Use Disorder Services



Mental Health



Housing / Shelter



Disability Services



Older Adults



Health /
Dental



Employment /
Income / Financial
Assistance



Transportation



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