

THE FIRST STEP IN FINDING HELP IS KNOWING WHO TO CALL



CALL 2-1-1

Everyone can use some help with an individual or family problem from time to time. But in a complicated world, where can you go for help on every day issues such as child care or emergency needs driven by financial or personal crisis? The answers may be right at your fingertips.

Call 2-1-1. Simply by dialing 2-1-1, a toll-free number throughout Connecticut, callers can reach knowledgeable staff 24 hours a day, 7 days a week to help with almost any question from the availability of after school programs to urgent situations caused by a mental health crisis, eviction or other traumatic event.

You can dial 2-1-1 to get help with:

- Health Care
- Mental Health Counseling
- Child Care
- Energy Assistance
- Special Transportation Needs
- Job Training
- Senior Citizen Services
- Public Assistance Programs
- Food and Shelter
- Substance Abuse Treatment
- and more

Connecticut United Ways
www.ctunitedway.org/Who/CTUWays.asp

United Way of Connecticut
www.ctunitedway.org



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