

If you or
someone you know
needs help,



two|one|one

GET CONNECTED:

Phone (2-1-1)

Web or web chat (211Helps.org)

App (app store)



1 phone number | 1 place to find help | United Way **2-1-1**
FREE | CONFIDENTIAL | 24-7-365

BASIC NEEDS

food pantries • shelters
• utility assistance

PHYSICAL AND MENTAL HEALTH RESOURCES

Medicaid • Medicare • prenatal
care • children's health insurance
programs • crisis intervention •
support groups • counseling •
alcohol and drug rehabilitation

JOBS PROGRAMS

educational and vocational training
programs • English as a second
language classes • job training •
GED preparation • financial and
transportation assistance

SUPPORT FOR SENIORS AND THOSE WITH DISABILITIES

centers for independent living •
adult day care • meals at home •
respite care • transportation and
recreation • home health care

SUPPORT FOR CHILDREN, YOUTH AND FAMILIES

after-school programs • tutoring
• mentorship programs • family
resource centers • protective
services • counseling • early
childhood learning programs •
child care referral centers

VOLUNTEER OPPORTUNITIES

volunteer centers • mentorship
opportunities • locations to donate
food, clothing, furniture, computers
and other items • one-time,
long-term, permanent, part-time or
group volunteering opportunities

DISASTER AND WEATHER

heating and cooling shelters •
tornado, flooding and other natural
disaster resources and information

MUCH, MUCH MORE

Just give us a call and see how
2-1-1 helps. TTY: 866.385.6525

Can't connect? Dial **800.427.4626**

www.211Helps.org

United Way • Missouri/Illinois ★



Get Connected. Get Answers.

brought to you by:



United Way
of Greater St. Louis