



**LOOKING FOR HELP?**  
Dial 211, or visit our  
online database for free  
community information

[www.helplinecenter.org/211database](http://www.helplinecenter.org/211database)



housing



bills



food



transportation



clothing/hygiene



health care



mental health



crisis services



substance abuse



income & employment



legal assistance



family



people



resource guides



government

**2.1.1**

**For simple answers or serious help.**

TEXT your zip code to 898211 EMAIL [help@helplinecenter.org](mailto:help@helplinecenter.org)