

# FIND HELP IN YOUR COMMUNITY

United Way, one of the AFL-CIO's national partners, supports **2-1-1**, a free nationwide information and referral line that helps people find local resources they may be eligible to obtain 24 hours a day, seven days a week.

2-1-1 can be accessed by phone or computer. A toll-free call to 2-1-1 connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services to eligible individuals, including:

- Supplemental food and nutrition programs;
- Shelter and housing options, and utilities assistance;
- Employment and education opportunities;
- Services for veterans;
- Health care and mental health services;
- And more.

Call 2-1-1 and speak with a live, highly trained service professional in your area from any cell phone or landline. All calls are private and confidential, and assistance is available in multiple languages.

Or visit [www.211.org](http://www.211.org) to locate organizations in your community that provide support and assistance to working families in their time of need.

To find a local United Way in your community and learn about potential additional resources, visit [www.unitedway.org/find-your-united-way](http://www.unitedway.org/find-your-united-way).

