

NEED HELP, BUT DON'T KNOW WHERE TO TURN?

# DIAL 2-1-1

FREE ► CONFIDENTIAL ► 24 HOURS A DAY ► EVERY DAY ► ANY LANGUAGE

## YOUR CONNECTION TO:

- Basic needs - food, clothing, shelter
- Child care services • Consumer help
- Counseling • Crisis intervention
- Health care • Housing
- Senior services • Support groups
- Volunteer opportunities



Dial 2-1-1 to speak to one of our specialists.



[WWW.NC211.ORG](http://WWW.NC211.ORG)

GIVE. ADVOCATE. VOLUNTEER.  
**LIVE UNITED** 

