

# When you need help...

# Call 2-1-1

Get connected to services and resources that fit your needs.

- ★ Food
- ★ Housing assistance
- ★ Child care
- ★ Mental health services
- ★ Public benefits
- ★ Health Care
- ★ Substance use
- ★ Senior care
- ★ Legal assistance
- ★ Job training
- ★ Veteran services
- ★ and so much more.

The help is FREE,  
confidential and available  
in many languages.

2-1-1  
1-800-478-2221  
Alaska211.org

Alaska  
**2-1-1**<sup>★</sup>  
Get Connected. Get Answers.  
Alaska United Ways

