

## Help is One Call or Text Away!

United Way of Lake County recently launched 211—Lake County’s new one-stop shop for help. 211 is a free, confidential, 24-hour information and referral helpline for essential health and human services in our community.



211 is open to everyone in Lake County and connects people to available resources by phone, text and online, including mental health and health care services, addiction support and rehabilitation, crisis counseling, supplemental food programs, shelter and affordable housing options, financial support, employment and education support, transportation, child care services, volunteer opportunities, and more.

To access 211, simply call 211 or text your zip code to 898211. Resource navigators at the 211 contact center, who are experienced, trained specialists, will guide you to the help you need. 211 is multilingual with English and Spanish speaking staff, and interprets to more than 150 other languages.

**Call 211 or text your zip code to 898211** for immediate assistance, or visit [211LakeCounty.org](http://211LakeCounty.org) for more information.