

2-1-1

I have recently learned about a social service hotline that you can call for help! I thought you might want to know about it. It is called 211. It is three simple numbers and one helpful voice. This is a service from United Way Missouri/Southern Illinois. If you are facing a challenge, call 211. They can help you find food, housing, health care, senior services, child care, legal aid and much more.

Odds are you've already called 411 or 911. You can dial 2-1-1. You will automatically be routed to a social service hotline, offering assistance, finding everything from drug treatment to job training. Every hour of every day, someone in the United States needs essential services from finding abuse assistance to securing adequate daycare for a child or an aging parent. People often do not know where to turn or call for information or assistance.

You just have to call one telephone number to get advice from a trained specialist who directs you to the resources that will serve you best during your time of need. 211 is a free, easy to dial number that will get you connected with community information/activities, agencies, organizations, health and human services for every day needs and in time of crisis. Trained specialists will listen to you describe your needs and provide you with appropriate resources for assistance.

If you need help with any of the following, 211 is here to provide information 24 hours a day, 7 days a week.

- Individuals seeking assistance with rent or utilities, job search, transportation, food pantries, crisis counseling, health programs or donation opportunities. Call 2-1-1.
- Parents looking for childcare services, mentoring programs, family resources, parenting classes or summer camps. Call 2-1-1.
- Social workers and other professionals trying to gather resources for clients, including support groups, counseling, or intervention services. Call 2-1-1.
- Employers/Businesses who want to help employees gain stability in tough times, drugs and alcohol recovery programs, counseling and job training. Call 2-1-1.
- Community agencies/organizations with assistance from 211 can coordinate support and/or assistance available to the community during times of disaster or emergency. Call 2-1-1.
- Teens/children seeking mental health/substance abuse resources for themselves and/or friends, wanting information about recreational programs, summer jobs, and volunteer opportunities or mentoring programs. Call 2-1-1.
- Seniors looking for services such as adult day care, caregiver training and support, congregate or home delivered meals, respite care, medical transportation and home health care providers. Call 2-1-1.

So if you do not know where to turn, get help with 211. This is a wonderful United Way service available for the residents of Montgomery County. I hope you find it helpful. ■