I need to see a doctor, but cannot afford it. Are there any low-income clinics in my area?





United



I'm returning to work but need help finding child care. Can you help me?



I am a senior and need transportation to my medical appointment. Can you help?



I am feeling depressed and overwhelmed and don't know what to do. I think I may need counseling.

## DIAL 2-1-1

United Way 2-1-1 is your community help line.

United Way 2-1-1 is free, confidential and available 24/7/365. Get connected to information about:

- **Adult literacy**
- **Child care**
- Clothing
- Counseling
- **Drug treatment**
- **Emergency preparedness**
- **Employment**

- **Elder care**
- Food
- **Health care**
- **Mental health support**
- **Parenting resources**
- **Transportation**
- and many other services

**DIAL 2-1-1** 

Bilingual support is available.

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