



# Everyone encounters challenges

We can help you find a way through them

**When you need help  
but don't know where to start**

**Dial 2-1-1**

Free confidential help is available to  
callers 24/7, in over 150 languages

Are you having trouble paying for food,  
housing, or childcare?

Do you have questions about health  
insurance or health care?

Are you feeling alone and need someone  
to listen?

Do you need help solving a problem?

Are you having difficulty finding a job?

**Dial 2-1-1 or 1 (866) 411-6803  
or visit [www.211md.org](http://www.211md.org)**

Airtime and other charges may apply for cell phone users