



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**

Airtime and other charges may apply for cell phone users