

Call 2-1-1 Your Lifeline for Health and Human Services

2-1-1 is a free hotline that connects people to social, health, and government services. If you need confidential help with housing, food, utility assistance, transportation, or employment, you can call 24 hours a day and talk to a real person. 2-1-1 has information on over 2,000 agencies and trained staff to help you find the services you need.

2-1-1 is a service of Lifeline, Inc.

What types of issues can we help you with?

Basic Human Needs

Food banks
Shelter
Clothing
Financial aid
Utility assistance

Physical and Mental Health

Healthcare
Medicaid
Medicare
Prenatal care
Children's health insurance
Crisis intervention

Support Groups

Counseling
Drug and alcohol treatment
Intervention/rehabilitation

Older Adults

Adult day care
Meals on Wheels
Respite care
Home health care
Transportation
Nutrition
Senior centers

**CALLING
FOR HELP?**

9-1-1

For Emergencies Only

2-1-1

Referrals for Health &
Human Services

www.lclifeline.org

Remember to call 2-1-1 for Health & Human Services when not an emergency.

'Give Help, Get Help' – For volunteer opportunities and where to make donations see the other side.



Lifeline, Inc.

"Helping People. Changing Lives."



'Give Help, Get Help'

2-1-1 isn't just for people looking for assistance.

2-1-1 can also be a great resource for members of the community looking for ways to give back.

2-1-1 can help connect them to agencies in the community that best match with their wishes.

- Looking for volunteer opportunities?
Have a student who needs to volunteer for school requirements?
Is your business looking for volunteer projects for your staff?
- Looking to donate food, clothing or furniture to an agency?
- Looking to help with seasonal needs, such as donating a Thanksgiving basket or buying gifts for kids for Christmas, or helping to donate school supplies in the fall?

Call **2-1-1** for volunteer
needs and donations



www.lclifeline.org