



2·1·1

United Way of
Greater St. Louis

For help finding
Community
Resources

CALL
2·1·1

Call | Text | Chat | Connect for Help

Get Connected:

Phone (2-1-1)

Web or web chat (211Helps.org)

App (app store)

1 phone number. 1 place to find help.

United Way 2-1-1.

FREE | CONFIDENTIAL | 24-7-365

Basic Needs

• food pantries • shelters • utility assistance

Physical and Mental Health Resources

• Medicaid • Medicare • prenatal care • children's health insurance program • crisis intervention • support groups • counseling • alcohol and drug rehabilitation

Jobs Programs

• educational and vocational training programs • English as a second language classes • job training • GED preparation • financial and transportation assistance

Support for Seniors and Those with Disabilities

• centers for independent living • adult day care • meals at home • respite care • transportation and recreation • home health care

Support for Children, Youth and Families

• after-school programs • tutoring • mentorship programs • family resource centers • protective services • counseling • early childhood learning programs • child care referral centers

Volunteer Opportunities

• volunteer centers • mentorship opportunities • locations to donate food, clothing, furniture, computers and other items • one-time, long-term, permanent, part-time or group volunteering opportunities

Disaster and Weather

• heating and cooling shelters • tornado, flooding and other natural disaster resources and information

Much, Much More

Just give us a call and see how 2-1-1 helps. TTY:866.385.6525

Can't connect?

Dial **800.427.4626**

211Helps.org

2-1-1

Get Connected. Get Help.™

brought to you by:



Greater St. Louis