

Need Help? Help Starts Here.

Call United Way's 211 to connect to local resources.

Hu 211 txog kev pabcuam hov zejzog. Muaj neeg pab txhais lus Hmoob. Llame al 211 para conectarse a los recursos. Traducción disponible en espanoñl.





FOOD SERVICES

- · Food Pantries
- · Grocery Delivery
- · Community Meals/Soup Kitchens
- · Food Stamps/Food Share and/or WIC
- Ftc.



HOUSING & SHELTER

- · Homeless Shelters
- · Rental Deposit Assistance
- · Low Income/Subsidized Housing
- · Low Income Home Loans
- Etc.



MENTAL HEALTH

- · In Person Crisis Intervention
- Suicide Prevention Hotlines
- · Community Mental Health Agencies
- Residential Treatment Facilities
- Etc.



TRANSPORTATION

- Bus Fare/Gas Money/Ride Sharing
- · Errand Running/Shopping Assistance
- · Medical Appointments Assistance
- Automotive Repair Loans
- Etc



VETERANS

- . Benefits Assistance
- · Hospitals/Outpatient Clinics
- · Health Insurance
- Support Groups
- Etc.



SUBSTANCE USE DISORDER

- Substance Detoxification
- Alcohol Use Disorder Counseling
- Drug Use Disorder Counseling
- Support Groups
- Etc.



UTILITY ASSISTANCE

- Discounted Telephone Services
- Utility Bill Payment Plans
- Electrical Service Assistance
- · Heating Fuel Assistance
- Ftc.



HEALTHCARE

- · Health Insurance Marketplace
- Community Clinics & Hospitals
- Insurance Premium Assistance
- Insurance Information/Counseling
- Ftc



EDUCATION & EMPLOYMENT

- . Job Search/Placement
- · English/Vocational English Programs
- High School Diploma/GED Programs
- Career Counseling
- Etc.



AGING & DISABILITIES

- . Aging & Disability Resource Centers
- · Home Delivered Meals
- · Disability Related Transportation
- · Errand Running & Shopping Assistance
- Etc.



CHILDREN & FAMILIES

- Child Care Centers/Head Start Programs
- Baby Diapers/Clothing/Food
- Child Care Expense Assistance
- · Parent Support Groups
- Etc.



DOMESTIC VIOLENCE

- Hotlines
- · Shelters/Motel Vouchers
- · Restraining Orders
- Legal Services
- Etc.

