In need of help? Dial the numbers 211 to connect to a bilingual community information and referral specialist who can help you find a number of services. Your call is free, live, and confidential.

**BASIC NEEDS**
- rental & utility assistance
- food pantries SNAP
- temporary shelter
- transportation

**FAMILY RESOURCES**
- individual & family support groups
- volunteer opportunities
- child care & children’s services
- holiday assistance

**LANGUAGE SERVICES**
- trained bilingual I&R specialists,
- TTY & interpreter services for 140+ languages

**HEALTH CARE**
- health clinics & screening services
- counseling & addiction services
- dental clinics & assistance
- specialized treatment

**SPECIALIZED NEEDS**
- disability support & advocacy
- legal
- employment

**211**

For more information go to wa211.org or dial 877-211-WASH (9274) if you have trouble connecting using the number 211.