Get Connected. Get Help.™

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

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

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

**SPECIALIZED NEEDS**
- disability support & advocacy
- legal
- employment
- TTY & Interpreter services for 140+ languages available

You can also search for services at www.wa211.org or text your zip code to 898211 to have service information sent to your mobile device.

*dial 877-211-WASH (9274) if you have trouble connecting using the numbers 211.*