



## United Way's 2-1-1 is Here to Help - Wherever Life Takes You

### What is 2-1-1?

2-1-1 is a free, confidential referral and information helpline that connects people of all ages to the essential health and human services they need, 24 hours a day, seven days a week. A toll-free call to 2-1-1 connects you to a community resource specialist who can put you in touch with local organizations that provide critical services that can improve and save lives.

### Text for Support

For information and referrals, clients may call 2-1-1 or text their zip code to 898211 to begin a conversation with one of our trained call specialist. While the texting platform is only available from 8:00am to 8:00pm EST daily, clients may call the helpline 24 hours a day, seven days a week.

*\* Standard text-messaging rates may apply*

### Services Listed

- Rent assistance
- Food pantries
- Affordable housing options
- Utility assistance
- Health and mental health resources
- Crisis intervention services
- Job training programs and employment resources
- Legal services
- Volunteer opportunities
- Tax preparation services
- Early childhood education learning opportunities
- And more...



**United Way of  
Central Kentucky**



**2-1-1**   
Get Connected. Get Answers.