



Hello,

Welcome to the 62nd edition of our 211 newsletter, where we share information on 211 services and benefits, funding updates, and opportunities for you to become an advocate for 211.



Caring for Your Mental Health

The holiday season can be a difficult and stressful time for many people. If you or a loved one is struggling, please know that you are not alone. 211 is here to help and accessible 24/7.

If you are looking for information, support or access to mental health resources, **call 211 or text your zip code to 898-211** to connect with a caring person who can help guide you. 211 is always available with English and Spanish-speaking support and interpretation to more than 150 languages.

If you or someone you know is struggling with thoughts of suicide or experiencing a mental health or substance use crisis, call or text 988 or chat [988lifeline.org](https://www.988lifeline.org) to reach a trained crisis counselor, 24/7.

211 and 988 conversations are completely confidential. Help is here. Talk to someone.

Always call 911 first if you or someone you love is experiencing a life-threatening medical emergency or may be a danger to someone else.

Thankful for 211

Hear from Lake County Board Member, J. Kevin Hunter, about the importance of 211 as a critical resource for community members and why the county continues to be a strong supporter.



Lake County Warming Centers Are Open

Warming centers are available across Lake County for any community members who do not have access to heat. Visit the county's [warming center locator](#) to find area warming centers and get relief from the cold temperatures. Be sure to contact participating facilities before arrival to confirm hours and capacity.



Help Improve Lives and Build a Stronger Lake County

Will you support United Way of Lake County's 211 with a year-end donation? Your gift helps improve lives here in our local community.

211 has grown to become Lake County's trusted, one-stop resource for help and is truly a lifeline for so many in Lake County. Since its launch just four years ago, 211 has already guided more than 250,000 people and families to critical health and human services by phone, text and online.

Together, we are improving lives every day and building a stronger community. **Can we count on your support this holiday season?**

Hurry! Today is the last day to DOUBLE YOUR IMPACT! Healthcare Foundation of Northern Lake County is matching all new or increased gifts up to \$10K!

[Make a Gift](#)

Now Hiring: 211 Community Engagement Coordinator

United Way of Lake County is looking for an innovative individual enthusiastic about serving others to help ensure that 211 Lake County excels in delivering information and referral services to the people of Lake County. The **211 Community Engagement Coordinator** is a key team member responsible for ensuring that 211 Lake County helps provide a positive experience and value to Lake County community members and stakeholders.

[Learn More](#)

Our Community of 211 Donors

Thank you to our community partners and many individuals for their generous financial support to help us sustain 211 for Lake County. [View our list of funding partners here.](#)

How can you help?

1. Share this email and encourage your network to [opt in to 211 communications.](#)
2. [Help sustain 211 with an online donation.](#)
3. Follow United Way of Lake County on social media to receive timelier 211 updates.



Best regards,

United Way of Lake County's 211 team

Welcome New Subscribers

A big welcome to our new subscribers this month!
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