



## Help is One Call or Text Away!

United Way of Lake County's 211 is Lake County's one-stop shop for help. 211 is a free, confidential, 24-hour information and referral helpline for essential health and human services in our community. 211 is open to *everyone* in Lake County and connects people to available resources by phone, text and online, including food, rent and utility assistance, mental health services, health care and many other resources.

To access 211, simply call 211 or text your zip code to 898211. Resource navigators at the 211 contact center are trained, experienced specialists who understand you and your local community. They will guide you to the help you deserve in your moments of need. 211 is multilingual with English and Spanish speaking staff, and interprets to more than 150 other languages.

**Call 211 or text your zip code to 898211** for immediate assistance or visit [211LakeCounty.org](https://www.211LakeCounty.org) for more information.