

# **HELP STARTS HERE**

When crisis and uncertainty strike, United Way's 211 Information and Referral Service is here for you. We'll provide you with the best resources and services in your community. Find help for:

Food Pantries

Shelter

· Utilities & Rent

- Healthcare
- Aging & Disability Resources
  Workforce Services
- Caregiver Resources
- · and more



Dial 2-1-1 to talk with a resource navigator. Available in multiple languages, Monday -Friday, 7 a.m. - 7 p.m. If help is needed after hours, a recorded message will direct you to resources.



Text your ZIP code to 898-211. Available Monday - Friday, 7 a.m. - 7 p.m.



Search anytime, online at 211Kansas.org.



### CHAT

Visit unitedwayplains.org/211 and click the "Live Chat" button. Available Monday -Friday, 7 a.m. - 7 p.m.

211 is confidential, free, and available statewide.





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