



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
- Utilities & Rent
- Aging & Disability Resources
- Caregiver Resources
- Shelter
- Healthcare
- Workforce Services
- and more



CALL

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

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



CLICK

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.



**UNITED
WAY**

