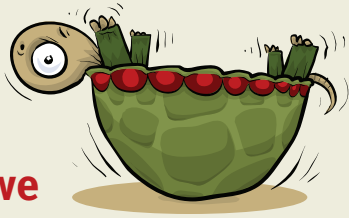


At some point in our lives, we can all use a little help.



We don't always know where to go to ask for help. 2-1-1 is the place to make the right connection. 2-1-1 specialists will listen to your needs and concerns, help you make an informed decision and link you to the right community resources.

- Need help paying bills?**
- Need elder care?**
- A victim of domestic violence?**
- Depressed?**
- Searching for child care?**
- Abused?**
- No money for a doctor?**
- Angry?**
- Drinking out of control?**
- Legal Issues?**

When you don't know where to turn, **call 2-1-1**. It's a simple way to get help, 24 hours a day, 7 days a week. **It's free and confidential.**

To get or give help, dial:



If for any reason you cannot reach 2-1-1 from your phone, please call (352) 332-4636.

Serving Alachua, Bradford, Dixie, Gilchrist, Levy and Union counties.



A direct service of:

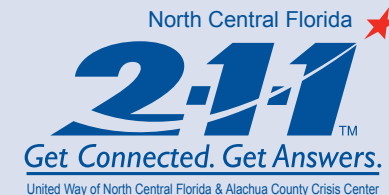


6031 NW 1st Place
Gainesville, FL 32607
(352) 331-2800

**United Way
of North Central Florida**



Whatever has you **all twisted up** we can help.

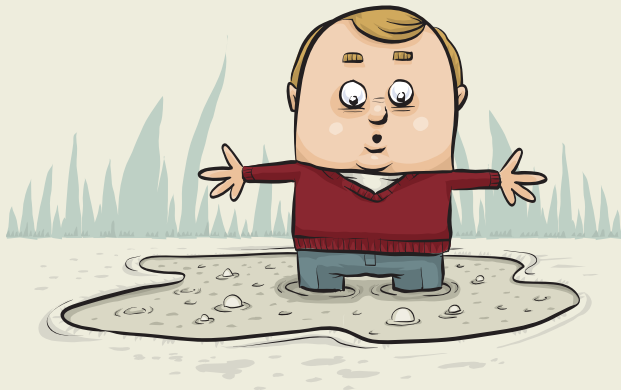


OVERWHELMED?

Here's how it works:

Whenever you have a problem that has you puzzled, confused or overwhelmed and you don't know where to turn, just call 2-1-1. Trained and caring specialists are standing by to take your call. Whatever the question or problem, 2-1-1 is there to connect you to an answer or a solution.

- 1:** Tell us your problem. We are trained to listen.
- 2:** We will give you the number of someone who can help.
- 3:** We may call you back to make sure your problem is solved.



Call 2-1-1 for Community Services

These are just a few of the services we may refer you to:



Immediate Human Needs: food pantries, shelters, rent or utility assistance.



Health and Wellness: medical assistance, crisis intervention, support groups, counseling, alcohol and drug rehab.



Quality of Life: adult day care, meals at home, temporary relief for primary caregivers and home health care.

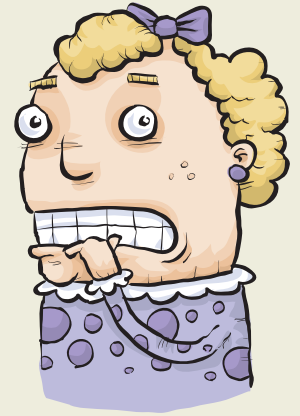


Children and Families: parent support, early childhood learning programs and child care centers.

A local community resource directory is available online at

www.unitedwayncfl.org

Choosing from the vast selection of local agencies can be a little overwhelming—especially when you don't know where to begin.



"I just lost my job and we have so many bills...what can I do?"

"My husband just left us and I feel like I can't go on...where should I go?"

"I'm concerned about my brother's drug use...how can I help him?"

"I have to go back to work...who will take care of my baby?"

2-1-1 is the number to call when you don't know where to start looking for help.