

# 2026 HELP GUIDE

## 211 PROVIDES RESOURCES AND REFERRALS FOR:

Addiction and Mental Health/Abuse  
Aging and Disability  
Child Care  
Clothing and Household  
Educational and Vocational Services  
Financial Counseling  
Food  
Health Insurance  
Housing and Utilities  
Prescription Discounts  
Suicide and Crisis Lifeline  
Transportation  
Volunteering  
& More!

LEARN MORE AT  
[UWSWAC.ORG/211](https://uwsuwac.org/211)

**24/7/365 SUPPORT TO CONNECT  
YOU WITH HELP WHEN YOU NEED IT.**

**211**

**CONFIDENTIAL • FREE • MULTILINGUAL**



**CALL**

**211 OR 1-877-947-2211**



**TEXT**

**YOUR ZIP CODE TO 898-211**



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