

# Need help but don't know where to turn?

Dial **211** to find social services such as:

- **Caregiver & Disability Resources**
- **Housing & Shelter Information**
- **Rent & Utility Assistance**
- **Health & Dental Care**
- **Food & Clothing**
- **Legal Help**



# Free information and referrals to community resources



211

Dial **211** or TTY **711**

Email or Chat: [crisisconnections.org/211](https://crisisconnections.org/211)

Text 24/7: Text WAOD code to **898211**

Database Search 24/7: [search.WA211.org](https://search.WA211.org)



[crisisconnections.org/211](https://crisisconnections.org/211)