

# 2·1·1

## Maine

211 Maine is United Way's trusted information and referral service that provides expert, caring help to meet your needs. No matter the situation, the help navigators at 211 listen, identify underlying problems, and connect people in need with resources and services in our community that improve their lives.

### FOOD

Food Banks  
EBT/SNAP  
Meal Programs

### HEALTH

Health Care  
Insurance  
Mental Health

### HOUSING

Heating & Utilities  
Shelter  
Lead Testing

### SUBSTANCE ABUSE

Opiate Helpline  
Alcohol & Drugs  
Counseling



### FAMILY

Child Care  
Support Programs  
Death & Burial

### CRISIS

Suicide Prevention  
Disaster Assistance  
Domestic Violence

### EDUCATION

Alternative Ed.  
Testing & Support  
Certification

### BASIC NEEDS

Transportation  
Financial Assistance  
Household Goods

### TRANSITION

Veterans  
Relocation  
New Mainer Services

### AGING + DISABILITY

Home Health Care  
Social Security  
Respite

### JOBS

Unemployment  
Career Counseling  
Vocational Rehab.

# 211

United  
Way



DIAL 2-1-1

TEXT YOUR  
ZIP CODE TO 898-211

VISIT [211MAINE.ORG](http://211MAINE.ORG)