

211

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
United Ways
of Maine



DIAL 2-1-1

**TEXT YOUR
ZIP CODE TO 898-211**

VISIT 211MAINE.ORG