



ESSENTIAL NEEDS

Millions of people contact 211 every year for help with food, housing, healthcare, and more.

It can be difficult to find local help to put food on the table, find a safe place to live, or access affordable healthcare. No matter what you or someone you care about needs right now, 211 can help you find available services and resources in your community.

For more information 211.org also has a [comprehensive list of available resources](#) to search available services in your area:

FOR INDIVIDUALS:

If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, dial 211 to speak to someone at the United Way.

- Health insurance & medical expenses
- Home Internet access
- Unemployment benefits
- Federal Family and Medical Leave Act (FMLA)
- Mortgage, rent, and utilities payment assistance
- Supplemental Nutrition Assistance Program (SNAP)/Food Stamps
- Food Assistance
- Relief for "gig economy" workers and contractors
- Mental health and crisis