



Need help? Don't know where to turn? Simply dial 2-1-1

2-1-1 is United Way's new 24 hour, 7 days-a-week helpline that connects people with the resources they need to solve problems. It's free and totally confidential.

When you call 2-1-1, you'll talk to someone who speaks your language – someone who's kind and eager to help, who has information about thousands of agencies, programs and community resources that offer help.

Everything from basic needs like food, housing and healthcare to legal services, drug treatment, job assistance, childcare, mental health services, transportation, financial assistance, and a lot more.

It's a very simple way to find the help you're looking for. So even if life seems full of problems, finding help shouldn't be one of them.

2-1-1 is a service provided by United Way, the State of New Jersey, county grants and the Verizon Foundation.

Cell phone users may need to dial 1-800-435-7555.