

Need Help? Call 2-1-1

There's always an answer



Free • Confidential • Available 24/7 • Multi-lingual

2-1-1 Maryland can offer guidance and support in helping teens, adults, families, seniors, military & veterans, caregivers, and professionals find the services they need.

Find Help for

BASIC NEEDS

- utility assistance
- food
- housing and shelter
- transportation
- employment

HEALTH CARE

- health and dental clinics
- drug and alcohol programs
- mental health

FAMILY RESOURCES

- child care
- parenting programs
- elder care
- literacy

... and more

Search online at www.211md.org

Our Call Specialists will:



- Listen as you explain your situation
- Work with you to assess your problems and needs
- Provide you with options and information
- Help you find answers to your questions

In some circumstances, 3 digit dialing does not work. If you are unable to connect with us by dialing 2-1-1 on your phone, please contact us at info@211md.org

Normal airtime and other charges apply for cell users.

Four regional partners provide statewide access to 2-1-1:

Central Maryland: 2-1-1 Maryland at United Way of Central Maryland

Eastern Shore: Life Crisis Center, Inc.

Southern Maryland and the Capital Region: Community Crisis Services, Inc.

Western Maryland: Mental Health Association of Frederick County

2-1-1 Maryland is supported by United Way of Central Maryland as an Impact Partner.
We thank all of our supporters.

