



# NEED HELP? CALL 2-1-1.

24/7/365  
TRANSLATION FOR  
150+ LANGUAGES

## GET CONNECTED.

- Aging | Disability
- Childcare
- Employment
- Food
- Health Care
- Housing
- Immigration
- Legal
- Mental Health
- Substance Use
- Taxes
- Utilities



## GET HELP.



## WE ALL HAVE MENTAL HEALTH

Sign up for MDYoungMinds, text messages for teens and adolescents.

**Text MDYoungMinds to 898-211**



## PROUD PARTNERS



SCAN TO SEARCH  
FOR RESOURCES

Call 2-1-1

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211MD.ORG