

Maine 
2-1-1™
Get Connected. Get Answers.

United Ways of Maine

**SOMETIMES YOU NEED MORE
THAN AN INTERNET SEARCH.
YOU NEED A CONVERSATION.**

Certain issues
are hard to navigate.
You're not alone. Call 2-1-1
— it's free and confidential.
Maine specialists are available
24/7 to provide information and
connect you to local programs
and services that can help.
Friendly, non-judgmental
people are waiting to
assist you!

211



DIAL 2-1-1

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

VISIT 211MAINE.ORG

**United
Way**



**the
Opportunity
Alliance**

Contact Center Partner



**Department of Health
and Human Services**

*Maine People Living
Safe, Healthy and Productive Lives*

Roul R. LaPoe, Governor Ricker Hamilton, Acting Commissioner

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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.

DIAL 2-1-1 TTY accessible. Video relay dial 1-866-811-5695.

VISIT 211MAINE.ORG Search our full database of programs and services online.

TEXT YOUR ZIP CODE TO 898-211 Standard msg & data rates may apply. Text STOP to opt-out. For end user privacy + terms and conditions of texting with 898211, go to www.preventionpaystext.com/policies/
Powered by *PreventionPays Text.*