



United Ways of Maine



Maine



THE REAL
2.1.1



Dial 211 on your
cell phone.



Text your zip code
to 898211.

I'M PREGNANT.
WHAT DO I DO NOW?

How do I
quit vaping?

We don't have

enough food
at home.

I'M BEING BULLIED.

Why
do I feel so sad?

I can't stop
cutting.

I just need to
talk
to someone.

Get Connected! Get Answers.

Created by the Steuben Rural Health Network at The Institute for Human Services, Inc.

