



HELP IS ONLY 3 NUMBERS AWAY

CALL 211

FOR COMMUNITY RESOURCES:

- Food & Clothing
- Healthcare
- Housing & Shelter
- Utilities
- Employment
- Child Care
- Disability Services
- Legal Help
- Counseling & Support Groups
- And More



Call 2-1-1



Text Your Zip Code to 898-211



Visit 211midyork.org

CALL 988

FOR SUICIDE INTERVENTION & CRISIS SUPPORT:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

CALL 911

FOR EMERGENCIES:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life-Threatening Situation



United Way of the Mohawk Valley



New York
Get Connected. Get Help.™