

FOR ASSISTANCE 24/7

DIAL

2-1-1

GET FREE HELP WITH

Food • Rent • Utilities • Legal services • Crisis intervention • Disability services • Elderly services • Employment • Family support • Physical and mental health care • Natural disaster preparation and recovery • Much more



Just like calling 9-1-1 in an emergency, 2-1-1 is your 3-digit helpline to find local support and resources.

- No cost
- Confidential
- Available any time
- Multilingual support
- Trained professionals with access to thousands of local resources to find the best solution

You can also visit 211iowa.org or text your zip code to 898211