



Need help?

Call 2-1-1


Get connected
to services
that fit your
need.

- ★ child care
- ★ disability services
- ★ food
- ★ health care
- ★ job services
- ★ legal assistance
- ★ parenting help
- ★ public benefits
- ★ senior care
- ★ shelter
- ★ substance abuse
- ★ transportation
- ★ and much more.

**How can we
help you?**

**Dial 2-1-1
or 1-800-478-2221**

Talk with a friendly specialist
who will work with you to understand
your needs and direct you
to services that can help.



**It's FREE!
CONFIDENTIAL!
Available in many
languages.**

www.Alaska211.org
Alaska211@ak.org

Alaska
2-1-1 ★
Get Connected. Get Answers.

Alaska United Ways