

# NEED HELP FINDING HELP?



**Alaska 211's caring community resource specialists stand ready to assist you with connections to available local services and resources that best fit your needs:**

- Food
- Job training
- Child care
- Public benefits
- Health care
- Legal assistance
- Health insurance
- Mental health services
- Housing assistance
- Senior care
- Veteran services
- and much more

**Call 2-1-1**  
or 1-800-478-2221  
Visit [Alaska211.org](http://Alaska211.org)  
Email [Alaska211@ak.org](mailto:Alaska211@ak.org)

***Alaska 211 is here for you.***  
It's free, confidential, and language interpretation is available.

