

need
help?
call

Dial 2-1-1

for health &
human service
information & referral

800-932-4616

for emotional
listening support
when you
need to talk

Text your zip code to
898211 for assistance

CONTACT
line

available 24/7
pick up the phone and call now

top ten caller concerns

- 1 loneliness/reassurance
- 2 housing
- 3 utilities
- 4 interpersonal issue
- 5 stress/anxiety

for help, dial **2-1-1**,
text your zip code to
898211 or
call **800-932-4616**

- 6 food
- 7 health concern
- 8 depression/mental health
concern
- 9 transportation
- 10 legal assistance

want to find your own
answers? Search our
online database @
pa211.communityops.org

e-mail us @
contact@contacthelpline.org

visit us @
contacthelpline.org