

# HOPE

## WHEN YOU NEED IT MOST

Dial 211 to connect with a network of over 18,000 resources right here in North Carolina. Our agency partners can assist you with :

- Food, Housing & Utilities
- Child Care & Education Services
- Financial Education/Credit Counseling
- Health Care
- Job Training
- Counseling/Support Groups
- Mental Health & Substance Abuse
- Senior Services
- Volunteer Opportunities
- Disaster Services and so much more



DIAL



Help starts here.



[www.NC211.org](http://www.NC211.org)  
Toll Free 888-892-1162

FREE / CONFIDENTIAL  
24 HOURS / 7 DAYS A WEEK / ANY LANGUAGE

