

**NEED HELP? DIAL 2-1-1 FOR IMMEDIATE SUPPORT**

By dialing 2-1-1, you reach a **FREE, 24-hour emergency hotline**linking you to thousands of local health and human services resources. Staffed 24 hours per day by caring, experienced and trained specialists, 211 Orange County connects you with help for:

* Women, infants and children (WIC) help
* Food and food stamps
* Homeless shelters
* Substance abuse
* Prenatal care
* Help with housing assistance
* Help with utilities
* Emergency housing
* 24-hour crisis, suicide help and suicide counseling
* Mental health services
* Food distribution
* Access to healthcare
* Medical, dental help and vision clinics
* Government assistance programs
* Transportation assistance
* Elder services
* Nutrition assistance
* Help for low-income families
* Other youth and child care issues
* Other physical and mental health services