

United Way of York County and 2-1-1 Maine

Working together to get help to people when they need it most.

Why 2-1-1? **Get Help Fast**

Call 2-1-1 Maine – It's free, easy and confidential.

Dial 2-1-1 in Maine, 1-877-463-6207 in-state or out-of-state, or visit www.211maine.org

Call specialists will connect you with health and human services, such as:

Career Centers

Department of Health and Human Services

Education

Adult Education Opportunities

York County Community College

Food Pantries

Heating Options

Legal Services

Libraries

Prescription Drug Assistance

Support Groups

Volunteer Opportunities – networking and building skills: www.volunteermaine.org

York County Community Action – speak with an outreach worker

How else can you stretch your resources?

Utilize town resources – go to your library for family entertainment: videos, books. Most libraries also have computers available for word processing and internet access to assist with job searches.

Use low-cost, no-cost food options such as church suppers, local free community meals and food pantries to free up funds for other expenses such as home heating or rent.

Contact your town – see listing of town contacts – to find out about additional services that may be available to you and your family.

