

when life happens,
help is available.



DIAL 2-1-1

GET CONNECTED. GET HELP.

2-1-1 is a toll-free hotline connecting the community to health and human services.

Free, confidential information
and referral available 24/7:

Phone: 2-1-1 or 855-501-6785

Email: 211@uwlanc.org

Web: www.pa211east.org



Aging Services
Child & Youth Services
Counseling
Education/Training
Food/Shelter/Clothing

Health Services
Parenting
Substance Abuse
Support Groups
Volunteer Opportunities

and much more!

*YOUR COMMUNITY HELP LINE:
PENNSYLVANIA 2-1-1 EAST*

