



United Way
of the Midlands

2-1-1 is committed to being the first, most essential resource to anyone who needs help.

402.444.6666 or toll free 866.813.1731

Text your zip code to 898211*

Also available online at ne211.org or 211iowa.org

The 2-1-1 Helpline is a free service that refers callers to these non-emergency health and human services:

- Clothing
- Counseling
- Employment
- Financial Assistance
- Food Pantries/Meal Sites
- Health Clinics
- Housing Assistance
- Landlord/Tenant Issues
- Seasonal Services: Tax Preparation, Holiday Assistance
- Shelters: Homeless, Victims of Domestic Violence or Sexual Assault
- Transportation

Assistance is available in multiple languages.
In an emergency, please dial 9-1-1 for assistance.

*Data rates may apply when using text option.
Text **STOP** to opt out, **HELP** for help.