

# Do you need help?



Call: **2-1-1**

It's that simple.

Or call (800) 436-9997.

A friendly voice will answer and help you sort things out and find the help you need.


Search online:


[www.211sj.org](http://www.211sj.org)


We can help you in over 200 languages!


 **My kids are hungry. I have no cash. Where can I get food?**  
*Let us help you find a Food Pantry, Food Bank or a Free Meal Program in your area.*


 **I just lost my job. Now what?**  
*We can introduce you to the local Employment Development office.*

 **Flu season again?**  
*How about looking for a flu clinic nearby? While we're at it, should we also look into signing you up for affordable health care coverage?*

 **I feel so down lately.**  
*Let me call the Warm-Line for you. There is always someone there to talk to.*

 **My mom turned 85 and really needs help right now.**  
*There are senior programs that can help. Let's find the help she needs.*

 **Tax season is here. How do I file my taxes?**  
*Have you heard of VITA? We can connect you.*

 **But what can I do?**  
***If you have a life-threatening emergency, call 9-1-1.***  
*Otherwise, let us help you.*

San Joaquin   
**2-1-1**™  
**Get Connected. Get Answers.**