

NEED HELP? DIAL 211



Central Maryland

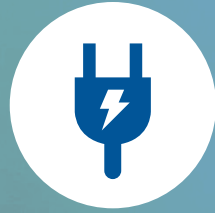
211 Maryland United Way Helpline



FOOD



SHELTER



PAY BILLS



GET CARE



TAX HELP

Free, confidential health and human services information and referrals, 24 hours a day, 7 days a week, in more than 150 languages.



Adult Education

Adult Protective Services

Day Care

Domestic Violence

Emergency Food

Emergency Shelter

Eviction Prevention

Financial Counseling

Job Training Programs

Legal Services

Medical Care (Non-Emergency)

Mental Health Services

Mortgage Foreclosure Prevention

Prescription Assistance

Senior Services

Substance Abuse Treatment

Summer Meals/Camps

Utility Bill Assistance



DIAL 211

If you cannot reach us through 211:

Greater Baltimore area:

410-685-0525

Elsewhere in Central Maryland:

1-800-492-0618

TTY (for hearing impaired):

410-685-2159

Weekdays 8:30am–4:45pm

Normal cell phone charges apply.

Or visit us online at **211md.org**

THANK YOU TO OUR SPONSORS:

