

2-1-1

Thousands of Services. One Place to Find Them.

Are you unsure of how to find services to help a family member, a friend, or yourself?

Are you wondering where you can make a difference by volunteering?

2-1-1 is where you start.

Whether you need to find after school care, counseling, elder care or volunteer opportunities, there are two simple ways to connect to 2-1-1 Maine.

Dial 2-1-1

You can dial 2-1-1 and be instantly connected with a trained and friendly specialist ready to help.

Or,

Visit 2-1-1 Maine Online

You can click today onto www.211maine.org, with its simple-to-use statewide directory.



(Remember to dial 9-1-1 if you need an ambulance or have an emergency requiring the fire or police department.)

TTY accessible dial 2-1-1

30112-l-0105

Find Help. Give Help.

Help Starts Here.

Easy, Confidential, and Free.

For video relay call 1-866-811-5695

Dial 2-1-1 or Go Online

2-1-1TM Maine 
Get Connected. Get Answers.

United Ways of Maine
The Opportunity Alliance
www.211maine.org