



Need Help? Want to Help?

Dial 2-1-1 to get connected to community services across East Tennessee—it's free and it's confidential. 2-1-1 specialists have the answers to most of your questions about services and options. If not, they know where to find them! Call for information about:

- Counseling*
- Grief and Loss*
- Crisis Intervention*
- Health Care*
- Donations*
- Home-based Services*
- Drug & Alcohol Programs*
- Housing Options*
- Energy Assistance*
- Medical Insurance*
- Financial Help*
- Support Groups*
- Emergency Food & Shelter*
- Transportation Options*
- Volunteer Opportunities*



2-1-1 is a statewide informational help line that can be accessed in most communities. You can also find us online at 211tn.org.