

N O W   A V A I L A B L E



# Need help? Want to give help?

- domestic violence
- substance abuse
- healthcare
- food, clothing, shelter
- crisis intervention
- disability services
- senior care
- parenting/childcare
- employment assistance

Dial 2-1-1 to get connected to community services across Middle Tennessee. It's free, it's confidential, and it's available 24 hours a day.

*Find Help • Give Help*



*United Way*

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