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**Free and Confidential  
24 Hours a day  
Every Day  
Any Language**

**Just Dial**



# **GET CONNECTED. GET ANSWERS.**

By simply dialing **2-1-1**  
or toll free 888.892.1162  
you can speak to a referral  
specialist who will help you  
find services.

Also find help at  
**[www.nc211.org](http://www.nc211.org)**

For more information contact:



230 Sunset Avenue, First Floor  
Rocky Mount, NC 27804  
Phone: (252) 937-2213  
Fax: (252) 937-6702  
[www.unitedwaytrr.org](http://www.unitedwaytrr.org)

*“We unite people and resources to  
build a stronger community”*



# **NEED HELP? WANT TO HELP? GET CONNECTED. GET ANSWERS.**

## **CALL**



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## What is 2-1-1?

A Free, Confidential Telephone Number and Website to Access Local Health and Human Services

**www.nc211.org**

2-1-1 is an easy-to-remember and universally recognizable telephone number that makes a critical connection between individuals and families in need and the community-based organizations and government agencies that can best help address those needs. 2-1-1 is a 24/7 nonprofit community services information and referral (I&R) line, the community connection for those who want to give help and for those who need help.

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## What kind of help can people find by accessing 2-1-1?

- ⇒ Basic Needs – food, clothing and shelter
- ⇒ Childcare and Youth services
- ⇒ Counseling services
- ⇒ Credit counseling services
- ⇒ Crisis Intervention
- ⇒ Disability services

## Continued...

- ⇒ Domestic violence programs
- ⇒ Donation sites for food, clothing and toys
- ⇒ Government services
- ⇒ Health care
- ⇒ HIV/AIDS testing
- ⇒ Home health care
- ⇒ Job placement
- ⇒ Legal assistance
- ⇒ Mentoring
- ⇒ Senior Services/Elder care



## Get Help

Information and referral services are the link between people in need of community services assistance and the providers of such services, including a range of government and community services.

I&R specialists assess callers' needs and determine the service provider best equipped to handle their questions and needs.

**www.nc211.org**

## Give Help

By utilizing 2-1-1, those seeking to help their community by assisting local agencies with daily operations or other projects can find available volunteer opportunities. United Way brings citizens from all walks of life together by working to create a more caring and responsive community, as indicated in the picture below.



### Local Volunteers for "Make a Difference Day"

From left to right – Celia Thiel, Teondra Goode, Asia White, Najah Ullah, Dashawna Lomas, Tyler Blanton, Julian Cowell, and William Heath

### Special Appreciation

to the funders of

United Way Tar River Region **2-1-1**

**Z. Smith Reynolds Foundation**

**Blue Cross and Blue Shield of NC**

**Rocky Mount Community Foundation**