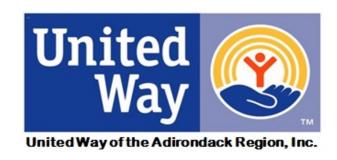
## NEED HELP? FOR INFORMATION & REFERRAL DIAL 2-1-1







## FREE & CONFIDENTIAL

211 is the Adirondack Region's Premiere Helping Hotline Available 24/7 for Health & Human Service Needs



**HEALTHCARE** 



MENTAL HEALTH/
SUBSTANCE ABUSE



HOUSING



**LEGAL SERVICES** 



**EMPLOYMENT** 



**TRANSPORTATION** 





SENIOR/ELDERLY SERVICES



DISABILITY



FAMILY SERVICES



DISASTER SERVICES & INFORMATION



**UTILITY SERVICES** 

Need other services? Dial 2-1-1 or visit www.211adk.org