

Your **First Call for Help**[™] in Hard Times

Maryland 
2-1-1[™]
Get Connected. Get Answers.



Feeling the pinch?

Did you lose your job or are you worried you will?

Struggling to get by and not sure where to turn?



These days, many people find their income shrinking while their bills keep growing.

We can help.

If you are experiencing financial trouble or other difficulties, don't wait to seek assistance.

Call 2-1-1 or read our downloadable "Help in Hard Times" guide at www.uwcm.org/helpnow.



United Way
of Central Maryland

Clip here for wallet card

Dial 2-1-1

If you cannot reach us through 2-1-1:

Greater Baltimore area: 410.685.0525

Elsewhere in Maryland: 1.800.492.0618

TTY weekdays 8:30am-4:45pm (for hearing impaired): 410.685.2159

Normal airtime and other charges apply for cell phone users

United Way of Central Maryland



2-1-1 is for people with many kinds of needs, big and small. Some 2-1-1 callers are concerned about:

■ **ENERGY COSTS**

What do I do if I get a shut-off notice?
How can I get more time to pay my utility bill?

■ **EVICTIION PREVENTION**

What options do I have if I can't pay my rent?
Who can tell me about my rights as a tenant?

■ **HEALTH CARE**

Can anyone help me pay for my prescriptions?
Where can I go to see a doctor if I can't afford one?

■ **FOOD**

Am I eligible to get food stamps?
Where can I get free groceries to tide us over?

■ **FORECLOSURE**

How can I avoid losing my home if I miss payments?
Where can I turn if I suspect mortgage fraud?

■ **EMERGENCY HOUSING**

Is there anywhere I can stay until I'm back on my feet?
Where can my family find shelter for tonight?

■ **TAX CREDITS AND PREPARATION**

What is the Earned Income Tax Credit and do I qualify?
Where can I go to get my taxes done for free?

■ **COUNSELING**

Who can my child talk to about problems in school?
How can I stop feeling so tired and helpless?

■ **LEGAL HELP**

What can I do to have my record expunged?
How do I get protection if my partner hurts me?

■ **JOB TRAINING AND PLACEMENT**

I was laid off – now what?
Where can I go for help with my resume?

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Dial 2-1-1 for free, confidential information and referral to health and human services **24 hours a day, 7 days a week.**

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