

Where can I find FOOD to get me through the week?

How can I get help paying my HEAT BILL?

I'm really struggling and NEED TO TALK to someone.

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Get Connected. Get Help.™

Whether it's food for your family, parenting classes, addiction treatment or counseling, Helpline Center will point you in the right direction. You can dial, text, or email 211 anytime, day or night – and the service is free!

Helpline Center can answer questions and provide referrals to social service agencies, non-profit organizations and government offices.

helpline center

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CALL 211
TEXT your zip code to 898211
EMAIL help@helplinecenter.org

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