

211 Services



United Way of Pierce County

tackling poverty
at its roots

South Sound 211

We make it easy to apply for Basic Food benefits

More and more people are searching for ways to stretch their paycheck each month. For some, the Basic Food program may be the answer. The Basic Food program provides funds to help qualifying applicants purchase nutritious food each month. The benefit card can be used just like a debit card and is now eligible to more people.

2.1.1

How do I qualify? When you dial 211, trained specialists can provide application assistance and determine your eligibility within about 5 minutes. They can also help callers complete the Basic Food application and their application's status once submitted. On average, the process takes about 20 minutes to complete. There is no waiting in line.

Who is eligible? Single individuals, students, families with children, homeowners and immigrants are all eligible for the Basic Food program. To find out if you are eligible or to apply, dial 211. South Sound 211 Serves Pierce, Thurston and Lewis Counties. New income eligibility criteria provide new opportunities to individuals who didn't qualify in the past.

SingleCare

**More than 13 million people helped
and \$1.5 billion in savings!**



We partner with nearly all pharmacies nationwide to negotiate prescription discounts, so you receive a lower price. Our pharmacy discount card is for everyone nationwide, whether or not you have health insurance coverage. More than 13 million people helped and \$1.5 billion in savings!

Ride United Lyft Transportation Service



Medical Trips • Employment Trips • Public Benefit Trips

Our 211 Transportation Navigators can help you with access issues that include bus passes, ridesharing services and other resources throughout Pierce, Thurston and Lewis Counties. We do this by providing free Lyft rides for trips related to Education, Employment, Financial Benefits, Food Access and Medical Appointments.

Help Me Grow Pierce County



Help Me Grow Pierce County, a free service offered through a partnership of local community organizations, supports children's growth and well-being by connecting families to local resources for pregnancy and children ages 0 to 5 years old, and by connecting them to other families. Help Me Grow envisions a vibrant community where all families are supported and nurtured. Help Me Grow Pierce County is a free service offered through a partnership of local community organizations. When you call 211, one of our Family Resource Navigators will listen to your needs, answer your questions, and connect you with the available resources for your family. Visit HelpMeGrowPierce.org for more information.

Resources may include:

- Housing & Utility Assistance
- Family-Friendly Activities
- Pregnancy Support and Information
- Medical & Dental Care
- Mental Health & Drug Recovery Services
- Parenting Education & Support Groups
- Transportation
- Child Care & Educational Options

Behavioral Health Services *Call 911 if you are having an emergency.*

- **24-hour Pierce County Crisis Line** 1-800-576-7764
- **Crisis Text Line** Text HEAL to 741-741
- **National Suicide Prevention Help Line** 1-800-273-TALK

Washington Recovery Help Line

24-hour help finding resources for substance use, mental health, and gambling problems 1-866-789-1511

Pierce County Recovery Support Line When you need to talk to someone who has also faced mental health challenges. Daily from 3:00 – 11:00 PM 1-877-780-5222.

Teen Link Phone and online chat support and resource assistance Every night from 6:00 – 10:00 PM 1-866-TEENLINK

Calls are confidential.