

GET HELP WHEN YOU NEED IT MOST.



Need help and don't know who to call? Help Starts Here.

South Sound 2-1-1 is your free connection to basic needs and community resources. 2-1-1 is a confidential service that connects people to critical programs and services.

When you call 2-1-1 you get specialized referral information about local resources that provide assistance.



[Get Help Now](#) to find out how to directly contact your local 2-1-1.

[Visit the website](#) if you live in Pierce, Thurston or Lewis Counties to select popular topics and limit your search area.

Just click on **Popular Topics**; then

Individuals and Families to find easy searches for some of the most common needs in our community.

Make sure to have a **Zip Code** set in the **Where** section, to search for the resources closest to you.

Resources available will vary by City and County.

Your Connection to Critical Needs

- Rent and Utility Assistance
- Counseling and Mental Health Services
- Food and Clothing Resources
- Shelter and Affordable Housing
- Employment and Education Services
- Military/Veteran Resources
- Transportation
- Free Tax Preparation Services
- FamilyWize Discount Prescriptions

By simply dialing 2-1-1, callers can access a live Specialist Monday through Friday. Learn more about 2-1-1 at UWPC.org/get-help-now or contact a specialist at 211@UWPC.org. You may also get connected by downloading the WIN 2-1-1 APP.



Online

UWPC.org/get-help-now



Email

211@UWPC.org



APP

WIN 211