

HELP FOR ALL LIFE'S CHALLENGES

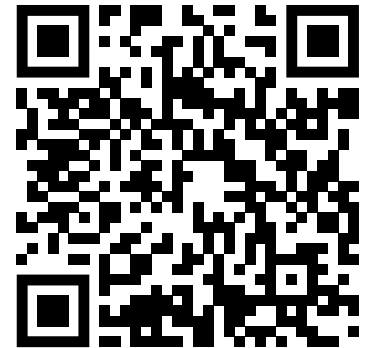
Free. Confidential. 24/7.

2.1.1

Get Connected. Get Help.™



988 SUICIDE & CRISIS
LIFELINE



**DIAL 211 OR
TEXT YOUR ZIP CODE TO 898211:**

Community Referral

- Rent/Housing
- Utility Assistance
- Food Assistance
- Homeless Shelters
- Legal Services
- Elderly Services
- Childcare
- Much More

DIAL OR TEXT 988:

- Mental Health
- Crisis Support
- Suicide Prevention Support

LIVE UNITED



United Way
of Rock River Valley

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**For
emergencies,
dial 911.**