



NEED HELP?

DIAL 2-1-1



Food Assistance



Mental Health Services



Housing Assistance & Shelters



Substance Abuse Help



Employment Help



Becoming a Foster Parent



Heating & Utility Help



Where to Get Medical Help



Abuse Prevention



Earned Income Tax Credit (EITC)



Elder Care



Disaster Services

Hudson Valley Region  **2-1-1**TM
Get Connected. Get Answers.

Free & Confidential
Dial 2-1-1
(1-800-899-1471)

United Way TM
hudson211.org