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Get Connected. Get Help.™

Free, Confidential, Available 24/7

211 is your 3-digit helpline to find local support and resources for:

- Food
- Rent
- Utilities
- Legal Services
- Crisis Intervention
- Disability Services
- Elderly Services
- Employment
- Family Support
- Physical & Mental Healthcare
- Addiction/Recovery Services
- And so much more!



***Dial 211 to get
connected!***



UNITED WAY
Northern New York

Learn More:



211 CNY is coordinated by United Way of Central New York in partnership with Contact Community Services, Jefferson County, Lewis County, Onondaga County, Oswego County, St. Lawrence County, United Way of Northern New York, United Way of Greater Oswego County and 211 New York.