

# THE FIRST STEP IN FINDING HELP IS KNOWING WHO TO CALL

## CALL 2-1-1

As a teacher, you know students and families that need help or information with issues outside of the classroom. Where can teachers, parents or teenagers go for help? The answers may be right at their fingertips.

Call 2-1-1. Simply by dialing 2-1-1, a toll-free number throughout Connecticut, callers can reach knowledgeable staff 24 hours a day, 7 days a week to help with simple questions about the availability of after school programs or more urgent situations caused by a mental health crisis, eviction or other traumatic event.

Dial 2-1-1 to get help with:

- Health Care
- Child Care and Development
- Special Transportation Needs
- Senior Citizen Services
- Substance Abuse Treatment
- Translation Services
- Homework Help/After School Programs
- Mental Health Counseling
- Energy Assistance
- Job Training
- Public Assistance Programs
- Literacy Services
- Food
- and more

**Connecticut United Ways**  
[www.ctunitedway.org/Who/CTUWays.asp](http://www.ctunitedway.org/Who/CTUWays.asp)

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