

# GIVE IT UP!

## GET HELP AND SUPPORT

### DIAL 2-1-1

2-1-1 is a community service administered by United Way of Connecticut. This easy-to-use, free, and multilingual service provides anyone in Connecticut with a single access point to find help with these services and more. 2-1-1 connects individuals to the valuable services they need.

A trained 2-1-1 Specialist is your connection to:

- Smoking Cessation
- Smoking Cessation Support Groups
- Smoking Addiction Support Groups
- Smoking Education/Prevention
- Smoking Regulation
- Smoking Withdrawal Clinics
- Stop Smoking Programs
- and more

Visit us on the web at [www.ctunitedway.org](http://www.ctunitedway.org) or [www.211ct.org](http://www.211ct.org)

Toll free  
Multilingual  
Confidential  
24 hours a day

#### Multiple Connecting Points

- Phone (Dial 2-1-1)
- Internet ([211ct.org](http://211ct.org))



*2-1-1 is supported by the State of Connecticut and Connecticut United Ways.*