



Feeling
stressed out?

CALL 211

***CAN'T DIAL 211?**

Call **1.800.273.6222** (TTY 415.808.4440 or 711)
or visit us online at www.211BayArea.org.

211's trained and caring specialists are here to listen. We can connect you with local programs that can help.

- » Low-cost mental health care and counseling
- » Parenting advice and child abuse prevention
- » Domestic violence help
- » Alcohol and drug abuse programs
- » Suicide prevention hotlines

Together, we'll find options.

- ✓ FREE
- ✓ CONFIDENTIAL
- ✓ MULTI-LINGUAL

2-1-1TM
Now Serving the Entire Bay Area

211 Bay Area is a service of the Contra Costa Crisis Center, Eden I&R, and United Way.