

I need to see a doctor, but cannot afford it. Are there any low-income clinics in my area?



I'm a veteran on a fixed income and need help paying for groceries. What options do I have?



I am a senior and need transportation to my medical appointment. Can you help?



I'm returning to work but need help finding child care. Can you help me?



I am feeling depressed and overwhelmed and don't know what to do. I think I may need counseling.

DIAL 2-1-1. FIND HELP. GET CONNECTED.

United Way 2-1-1™ is your community help line.

United Way 2-1-1 is free, confidential and available 24/7/365. Get connected to information about:

- Adult literacy
- Child care
- Clothing
- Counseling
- Drug treatment
- Emergency preparedness
- Employment
- Elder care
- Food
- Health care
- Mental health support
- Parenting resources
- Transportation
- and many other services

DIAL 2-1-1
OR
(210) 227-4357
WWW.211TEXAS.ORG
Bilingual support available.