

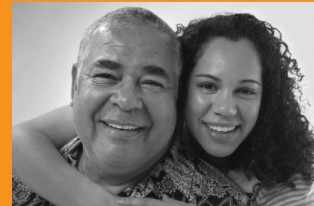
# NEED HELP?



2-1-1 gives you FREE and CONFIDENTIAL information and referral over the phone about services in Alameda County.

## Call 2-1-1 to locate:

- ☎ Affordable housing
- ☎ Hot meals & food programs
- ☎ After-school programs
- ☎ Rental & utility assistance
- ☎ Tenants' rights assistance
- ☎ Services for battered women
- ☎ Medi-Cal information
- ☎ Physical & mental health care programs
- ☎ Legal aid & consumer assistance
- ☎ And MORE!



If 2-1-1 is temporarily unavailable on your phone, call 1-888-886-9660.

**2-1-1 is a toll free and confidential phone service.**

**All calls are answered by experienced Resource Specialists -  
24 hours a day, 7 days a week in multiple languages.**

Call 911 for Emergencies.