

NEED HELP?

but don't know where to turn?



Financial Assistance
Information



Transportation
Options



Immunizations,
Health Care &
Screenings



Services for Elderly &
Disabled Individuals



Utility Assistance



Veterans Services



JUST 3 NUMBERS!
DIAL 2-1-1

TOLL FREE
844-984-1151
OR
TEXT YOUR ZIPCODE
TO 898211

24/7, 365 Days a Year
Free & Confidential

In partnership:



Associated
Charities



ashland211.org



Clothing Closets &
Thrift Stores



Housing &
Shelters



Food Pantries,
Community Meals,
Nutrition Programs



Mental Health &
Recovery Resources



Crisis Services
Abuse Reporting



Legal
Resources

