

Who can help
with school clothes?

I can't afford
child care!

How do I file
a restraining order?

My family needs
emergency shelter!

My father needs
a wheelchair, is
there help for that?

We can't pay
our \$72 gas bill.

2-1-1

United Way
of North Central New Mexico

DIAL 211

We Know the Best Way to Help.

We will refer you to health and human services providers, government agencies or community-based organizations that can help.

Call **211** or **505-245-1735** and we'll provide referrals for questions on:

BASIC HUMAN NEEDS RESOURCES:

Food Pantries, Clothing Banks, Shelters,
Rent Assistance, Utility Assistance

PHYSICAL & MENTAL HEALTH RESOURCES:

Community Healthcare, Disease and illness
Related Services, Counseling, Crisis Lines

DOMESTIC VIOLENCE AND SEXUAL ASSAULT

Shelters, Counseling, Outreach and Prevention

SENIORS AND PERSONS WITH DISABILITIES:

Senior Services, Meals,
Adult Protective Services, Disability Related Services

CHILDREN, YOUTH AND FAMILY SUPPORTS:

Child Care Information, Child Protective Services,
Family Resource Centers

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