



Know someone who needs support? Encourage them to call 2-1-1

Just like calling 911 in an emergency, 211 is a free, confidential helpline to connect anyone with local support and resources.

Resource categories include:

Rent assistance * food pantries * housing * utility assistance * health resources * mental health resources * child care * crisis intervention

EAP Helpline



An Employee Assistance Program (EAP) is a counseling and consultation service. EAPs generally provide assistance and counseling for marital and family problems, alcoholism, drug dependency, financial and credit concerns, legal issues and questions, emotional problems, stress, child care, eldercare, interpersonal conflicts and situational life problems.

Services are free and confidential, and are available 24 hours a day, 365 days a year.

To talk to a counselor, simply call the toll-free number **800-678-2212**.