

## ***GET CONNECTED. GET ANSWERS.***

DIAL 2-1-1 FOR HELP WITH:

- \* Food & Clothing
- \* Rent & Utility Payment Assistance
- \* Housing & Shelter
- \* Counseling & Health Care

**2-1-1** is an easy-to-remember, free telephone number available every hour of every day.

**2-1-1** provides information and referral to community-based services for callers' everyday needs or in times of crisis or disaster.

**2-1-1** has professionally-trained specialists who provide assessment, problem solving and advocacy. Translation services are available in many languages.





**NEED HELP?**  
**START HERE.**



**2-1-1 OKLAHOMA**  
[211oklahoma.org](http://211oklahoma.org)

**HEARTLINE 2-1-1**  
(Oklahoma City & Western Oklahoma)  
877-362-1606  
[211oklahoma.org/heartline](http://211oklahoma.org/heartline)

**2-1-1 HELPLINE**  
(Tulsa & Eastern Oklahoma)  
877-836-2111  
[211oklahomahelpline.org](http://211oklahomahelpline.org)