



## Have you heard of 211?

As Canada continues to navigate COVID-19, people are still seeking support and unsure of where to turn.

Whether it's help accessing food, mental health supports, or other non-emergency programs and services in your community, simply dial 2-1-1 or visit [www.211.ca](http://www.211.ca). 211 is a free helpline and the phones are answered 24/7 in 150 languages. Community Navigators will talk to you about your situation and help you find the right solutions. Whether you're a senior feeling isolated or anxious about getting your basic necessities, or an individual uncertain about whether there are assistance programs for which you are eligible, or a parent worried about your child's mental health, 211 can help. Make the right call.

Content	Creative
<p>Whether you are a parent worried about your child's mental health, a senior feeling isolated, a family struggling to put food on the table, or an individual looking for financial support, 211 can help.</p> <p>Dial 2-1-1 or visit <a href="http://www.211.ca">www.211.ca</a>. #covid19canada</p>	
<p>Are you looking for community supports and services, but don't know where to turn? Dial 2-1-1 or visit <a href="http://www.211.ca">www.211.ca</a> 24/7, 365 days a year to be immediately connected with a 211 Navigator.</p> <p>Make the right call. Dial 2-1-1 #covid19canada</p>	



**United Way**  
Lethbridge &  
South Western Alberta

COVID-19 has reached every corner of Canada, but help is within reach regardless of where you live. 211 is now available coast to coast to coast. Dial 2-1-1 or visit 211.ca to connect with a 211 Navigator any time.  
Help starts with 211. #covid19canada

