

Help starts here.

Easy,
Confidential,
and Free.

Dial 2-1-1 or Go Online

Maine 

2-1-1TM

Get Connected. Get Answers.

United Ways of Maine
Youth Alternatives Ingraham

www.211maine.org

2-1-1

Thousands of Services. One Place to Find Them.

Do you know how to find services in your community to help you better manage your chronic disease, such as heart disease, cancer, diabetes or lung disease?

2-1-1 is where you start.

2-1-1 Maine can direct you to resources in your community to help you manage your health. Get connected to health screenings, support groups and free health information.

Dial 2-1-1

You can dial 2-1-1 and be instantly connected with a trained and friendly specialist ready to help.

Or,

Visit 2-1-1 Maine Online.

You can click today on www.211maine.org, with its simple-to-use statewide directory.

