

Finger Lakes Region, New York 



Get Connected. Get Answers.

Get Help.

It happens to all of us... we need help but don't always know where to turn.
Now, the answer is as easy as picking up the phone.

When you dial **2-1-1**... you will get connected with someone who can help you get the information you need.

Trained counselors, who know about our region's health and human services, are ready to take your call anytime.

Day or night.

2-1-1.

It's as simple as that.

And it's a free, confidential service.

If your phone company does not yet offer 2-1-1 dialing, you can reach the service by dialing **1-877-FLNY211**

Good news again -- **2-1-1** is accessible online at www.211fingerlakes.org

2-1-1 is a collaboration between

