

# Great Rivers 2-1-1

Great Rivers 2-1-1 offers free, confidential community information, referrals and crisis line services 24 hours/day. Dial 2-1-1 or [\(800\) 362-8255](tel:8003628255) to talk to an information and referral specialist.

## Great Rivers 2-1-1 can help with:

### **Mental health and alcohol/drug treatment services for adults and youth**

Are you or a family member struggling with a mental health issue, such as depression or anxiety? Are you concerned that a loved one may be addicted to alcohol or drugs? Great Rivers 2-1-1 can help you find resources, such as support groups; alcoholism or drug abuse treatment facilities; counseling; and telephone hotlines. Great Rivers 2-1-1 is also there to offer a supportive ear if you just need someone to talk.

### **Crisis services**

If you or a loved one is experiencing a crisis situation, Great Rivers 2-1-1 can help. Staff is trained in crisis intervention and can help connect you with needed resources. Call if you are in immediate need of services for a domestic violence, sexual assault, mental health, or suicidal situation.

### **Youth and family services**

The Great Rivers 2-1-1 Database contains many resources relevant to youth and their families, including information related to child abuse; parenting questions; teenage pregnancy; children's mental health; and assistance meeting basic needs for your child, including food, clothing, diapers or healthcare. In addition, Great Rivers 2-1-1 has a list of resources on recreational activities, childcare questions and school contact information.

### **Basic needs**

Great Rivers 2-1-1 can help if you are experiencing hard times because of job loss, medical bills, an unexpected drop in income, or any other financial crisis. Great Rivers 2-1-1 can help you find resources such as rent assistance, electricity disconnect notice assistance, food pantries, homeless shelters, gas money, clothing vouchers and job search assistance.

### **Senior citizens & adults with disabilities services**

There are many resources available to senior citizens and people with disabilities which allow them to lead dignified lives and remain as independent as possible. Find resources for housing alternatives, home healthcare, respite care, Alzheimer's/dementia care, benefits assistance, elder abuse, senior citizen centers and recreational activities.

### **Community resources**

Great Rivers 2-1-1 is a one-stop shop to find information regarding community events, festivals, holiday meals, holiday programs and workshops. Their professional staff stays current on upcoming events in order to give the most accurate information possible.

**Call free (24/7): Dial 2-1-1**

**Text free (afternoon and evenings): Text zip code to 898211**

**Search or Chat Online: <https://www.211wisconsin.communityos.org/>**