



**Get Connected. Get Help.™**

**24-hour health and human  
services assistance.**

**Onondaga • Oswego • Jefferson • Lewis • St. Lawrence County**

Calls proudly answered by Contact Community Services.



**CALL 211**

**VISIT 211CNY.COM**

**OR TEXT YOUR ZIP CODE TO 898211**



**2-1-1 is a FREE service** helping you connect with resources for a variety of life's challenges.

Housing & Shelter

Hunger & Nutrition

Mental Health

Family Services

Utility Bills & Finances

Substance Abuse

Transportation

Primary Care

Employment