



United Way  
Newfoundland  
and Labrador

**NEED HELP  
BUT DON'T  
KNOW WHERE  
TO TURN?**

**DIAL 2 - 1 - 1**



**211 NL Connects you to community resources and services anywhere in  
Newfoundland and Labrador:**

- Food security
- Mental Health Support
- Indigenous Services
- LGBTQ+ Resources
- Addiction treatment
- Income tax clinics
- Domestic violence shelters
- And so much more!

**150+ Languages | Free | Confidential**