

UNSURE WHERE TO TURN? HELP STARTS HERE!

A SAFE PLACE TO START

United Way 2-1-1 is a free, confidential information and referral helpline and website.

Connect to essential health and human services in our community — 24 hours a day, seven days a week.

HOW TO CONTACT



CALL

Landline: 2-1-1

Any phone: 319-739-4211

Toll free: 1-866-469-2211



ONLINE

FirstCallForHelpIowa.org



Get Connected to health and human service programs available in your community.

Get Answers regarding affordable housing, food assistance, transportation, health care, child care, family support services, and more!

Call United Way 
2-1-1™
Get Connected. Get Answers.



GET CONNECTED

Available 24/7

No cost

Completely confidential

Multilingual assistance

Call or visit the website

Call us

A trained professional will access a database of more than 4,200 agencies and resources to find the best solution possible.

Visit our website

Access the same database that 2-1-1 professionals use.



GET ANSWERS

Basic human needs

Physical and mental health

Employment support

Emergency preparedness/recovery

Assistance for older adults and people with disabilities

Supports for youth and families

Whether in times of natural disaster or personal uncertainty, 2-1-1 is committed to being the first, most essential resource to anyone who needs help.

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ONLINE

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