

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 US



PHONE

Landline: 2-1-1

Any phone: 319-739-4211

Toll free: 1-866-469-2211

Text your zipcode to 898211



ONLINE

211iowa.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!



GET CONNECTED

Available 24/7

No cost

Completely confidential

Multilingual assistance

**Call, text, or visit
the website**

Call us

Trained professionals access a database of more than 4,200 resources to find the best solution.

Text us

Text your zipcode to “

Visit our website

Access the 2-1-1 database.



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.

CALL

2-1-1 or 1-866-469-2211

TEXT

Text your zipcode to 898211

WEBSITE

211iowa.org

