



GET CONNECTED. GET HELP.

Confidential • Available 24/7 • Free

Our 211 specialists connect you with a 4,800+ resources to help with food, healthcare, housing and utilities assistance, employment support, veteran services, childcare, crisis counseling, disaster assistance, and more.



Get Connected. Get Help.™



Connected to vital resources

- Text your zip code to 898211
- Visit 211iowa.org
- Download the 211 app
- Landline call: 2-1-1
- From any phone: 319-739-4211
- Toll free: 1-866-469-2211