



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
- Toll free: 1-866-469-2211

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Get Connected. Get Help.™

Unmatched, critical service.

211's contact center is available for everyday challenges, during crisis, or natural disasters. We provide you information and connect you with the resources you need.

- Available 24/7
- Free
- Confidential
- Multilingual assistance

Connect to vital resources

- Text your zip code to 898211
- Visit 211iowa.org
- Download the 211 app
- Landline call: 2-1-1
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Meeting your needs in real time.

- Food
- Healthcare
- Housing & utilities
- Employment support
- Veteran services
- Childcare
- Crisis counseling
- Disaster assistance
- And more



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