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CONFIDENTIAL • AVAILABLE 24/7 • FREE

211 specialists connect you with a wide range of resources and services. Contact us to get help with food, health care, housing and utilities assistance, employment services, veteran services, childcare, crisis counseling, disaster assistance, and more.

CONNECT WITH US

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

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