

Alcohol/substance abuse treatment

♦ Clothing/food/personal goods ♦

Counseling/crisis

services ♦

Education

programs ♦ Employment counseling

♦ Energy assistance ♦ Family life/parenting ♦ Health/wellness ♦

Legal/dispute resolution ♦ Seniors

services & supports ♦ Shelter/

housing ♦ Support/self-help groups

♦ Transportation ♦ Volunteer

Opportunities ♦ Alcohol/substance

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# Help Starts With 2-1-1

## 2-1-1 HELPLINE

*Toll-free Confidential*

Find Help ★ Give Help

### Dial 2-1-1

or 1-800-346-2211

[www.211helpline.org](http://www.211helpline.org)

Connecting People

With Services & Volunteer Opportunities in  
Steuben, Allegany, Chemung,  
Schuyler & Yates Counties

Finger Lakes Region, New York ★



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