No matter the need, help is just a call away!

2-1-1 for everyday crises and needs such as food, housing, and utilities assistance

3-1-1 for local community and municipal services*

9-8-8 for the suicide and crisis lifeline

9-1-1 for an emergency

*3-1-1 is not available in all communities. Please contact your local city or village office for municipal or local government services if you do not have access to 3-1-1.
Cook County residents can NOW contact 2-1-1 to get connected to health and social service supports, including:

- Childcare
- Employment
- Food Assistance
- Health Care
- Housing
- Legal and Immigration
- Substance Use
- Transportation
- Utilities Assistance

AND MUCH MORE!

Call 2-1-1* Text your zip code to 898211 Visit 211MetroChicago.org

*Residents may dial 2-1-1 or (773) 362-4401 to get connected to a local Resource Navigator.