Get Connected. Get Answers.

HEARTLINE 24 HOURS PER DAY

DIAL 2-1-1 TO FIND HEALTH & HUMAN SERVICES LIKE........

- Childcare & Activities
- Counseling & Support Groups
- Food, Clothing & Shelter
- Aging Services
- Transportation
- Substance Abuse
- Domestic Violence
- Disabilities & Special Needs
- Veterans Affairs
- And More...........

CENTRAL OKLAHOMA’S COMMUNITY CONNECTION

What is 2-1-1? – It is an easy to remember, FREE 24-hour telephone number that connects people with important community services ranging from accessing physical and mental health resources to discovering opportunities to make donations and to volunteer.

- **Basic Human Needs** - Food banks, clothing, shelter, rent assistance and utility assistance.
- **Employment Support** - Financial assistance, job training, transportation assistance and education programs.
- **Physical and mental health resources** - Health insurance programs, Medicaid and Medicare, crisis intervention services, support groups, counseling, drug and alcohol interventions and rehabilitation.
- **Support for older Americans and persons with disabilities** - Adult day care, congregate meals, meals on wheels, respite care and recreation programs, mentoring, tutoring, protective services.