



CLOTHING



FOOD



SHELTER



ELECTRICITY



LEGAL

# NEED HELP?

**Dial 2-1-1 — Help starts here.**


- Rent or Utility Assistance
- Food and Community Meals
- Emergency Shelter/Housing
- Medical and Dental Resources
- Mental Health and Substance Abuse
- Health Insurance
- Support Groups
- Social Services
- Clothing
- And more....



**DIAL 2-1-1**

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**FREE | CONFIDENTIAL | 24/7**

North Sound 

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