

# 80% OF HEALTH HAPPENS OUTSIDE THE HOSPITAL.



Are you having trouble paying the energy bills?



Are you uninsured or in need of health care?



Are you out of a job or under-employed?



Are you struggling to put food on the table?



Are you homeless or need rent assistance?

211info is the easiest way to connect with nonprofit and public services that can help.





# HEALTH FOR YOUR WHOLE LIFE.

Keeping people and communities healthy means more than access to medical care. At the nonprofit 211info, we promote **Health for Your Whole Life** by easily connecting people to nonprofit and public services in Oregon and Southwest Washington.



**Dial 211** toll-free to speak with a resource specialist.



**Visit 211info.org** to search thousands of services.



**Text your zip code to 898211** for quick resources.



**Email help@211info.org** for guidance and information.

Hours of operation:  
**Monday-Friday, 8am-6pm**

In strategic partnership with:  
**LIVE UNITED** 