

## 2-1-1

Need Help? Start Here.  
Dial 2-1-1

All across the Bluegrass help is only 3 digits away. Each day, thousands of Central Kentuckians search for information about health and human services such as food, shelter, medical care, substance abuse treatment, protection from domestic violence or disaster relief – the list is endless. While nonprofit and government services are ready to help, the large number of providers – with more than 1,000 different telephone numbers – makes it hard to find the right place quickly. The result is often repeated calls and frustration. But, not anymore. 2-1-1 is an easy-to-remember phone number that connects people with the help they need. It's accessible 24 hours a day, seven days a week, in more than 150 languages. Need Help? Start Here.

Dial 2-1-1. United Way 2-1-1 is accessible through both land-lines and cell phones. If your phone system cannot connect to 2-1-1 or if you are calling from outside of Central Kentucky, please dial 859-313-5465. Looking for help online? You are just a click away. Find the help you need online, 24 hours a day, seven days a week. Click here to start your search. Read our 2009 Report Card ([click here](#))

Agencies -- update your information

[Click here to update your information online](#)

[Click here to print the update for to mail in Agencies -- please take this online satisfaction survey.](#)

Dial 2-1-1 and you'll be connected to trained specialists who can help.

- Food, shelter, employment and other basic needs
- Support for children, families and seniors
- Healthcare access
- Volunteer opportunities
- Free Tax Preparation
- Or when you just don't know who to call
- Free and confidential
- 24 hours a day

[2-1-1 materials and additional information](#)