Founded, developed, and supported by United Way, **211** is Canada’s primary source of information for government and community-based, non-clinical health and social services. The free and confidential service can be accessed across the country 7 days a week, in more than 150 languages by phone, chat, text and web. **When a person dials 2-1-1**, they are connected with a **211 Navigator** who is trained to listen and understand the full picture of the caller’s unique situation and find supports and programs available to help. **211** helps connect people to the right information and services, making their pathway to care and resources a guided and trusted one.

With the cost of living on the rise, more people are looking for support in their community. 211 is there to help.

On average, one call to **211** can replace seven phone calls a person would make trying to locate the correct service to fit their needs.

Dial 2-1-1 or visit [211ontario.ca](https://211ontario.ca/). **Help starts here**.

