

HOW EMPLOYEES CAN FIND HELP

UNITED WAY RESOURCES

There is so much information in the news and social media today; it's hard for those looking for help to know where to go. We'd like to share United Way's [Numbers to Know Guide](#) that organizes phone numbers and websites of local and state organizations so you can find the help you or someone you know might need.

If you need help now, call 2-1-1 (1.800.427.4626) to speak with a trained specialist 24/7 who can connect you to community resources for everything from utility assistance to childcare needs to mental and behavioral health resources.

You can also find information and resources at 211helps.org or download the 2-1-1 app through the [Apple Store](#) or [Google Play](#).

We hope you are staying safe and well. Please share these resources with your friends and family and let us know if there's anything more we can do to help.

Helping people.



Greater St. Louis