



**Get Connected. Get Help.™**  
Serving Clinton, Essex & Franklin Counties

Dial 2-1-1 to find Health & Human Services like...

- COVID-19 Resources
- Food and Basic Needs
- Family Resources
- Shelter
- Aging Services
- Veterans Services
- Wellness Programs
- Disabilities & Special Needs
- Mental Health & Counseling
- And More....

2-1-1 gives you **FREE** information-over the phone- 24 hours, 7 days a week or you can visit our web-site [www.211adk.org](http://www.211adk.org).  
If 2-1-1 is temporarily unavailable on your phone, call **1-888-774-0289**.

