



When you don't know  
where to turn.

Quand tu ne sais pas  
vers qui te tourner.

**211** is a non-emergency helpline & online service.

**211** connects people to social services, programs & community supports.

**How to contact:**

Via Phone – dial 211

Online – [www.211ontario.ca](http://www.211ontario.ca) & select the icon for the service required.