## LIFE CAN BE HARD.

HOUSING

MENTAL HEALTH

FINANCIAL AID

**FOOD** 

## FINDING HELP CAN BE EASY.

Dial or Text 2-1-1

Free | Confidential | 24/7 | 240+ Languages









## HELP STARTS HERE Dial or Text 2-1-1 bc.211.ca

We help you find services and support for all of life's challenges:

- Abuse
- Addiction
- Counselling
- Employment Assistance
- Financial Assistance
- Housing
- Language Classes
- Legal Assistance
- Mental Health
- Newcomer Supports
- Resources for Parents
- Seniors Services
- Support Groups
- Victim Services
- Youth Services

and so much more...

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