

Resources:

United Way What do you need help with (search options) <https://ne211.org> or

- To contact 211, dial **2-1-1** from any phone. You can also text your ZIP code to **898211** or visit ne211.org for online resources.
- **Call:** Dial 2-1-1 to speak with a live specialist for local human and social service information.
- **Text:** Send your ZIP code to 898211 to connect via text.
- **Online:** Visit your local 211 website, such as ne211.org, for more contact options, including chat and a database.
- **Mobile App:** Download 211 Nebraska/SW Iowa App from the Apple and Android app stores.

Other Resources:

Food bank distribution sites: www.foodbankheartland.org

Aging and Disability Resource Center (ADRC) 1-844-843-6364

Connection Nebraskans with special needs to resources and support:

<https://www.answers4families.org/>

Nebraska Resource and Referral System: <https://nrns.ne.gov/>

Search and connect to supports and resources: <https://www.findhelp.org/>

Provides free, one-stop guide of resources for participating cities: <https://mylnk.app>

Community Resources: <https://dhhs.ne.gov/Pages/Community-Resources.aspx>

For Mental health access: <https://portal.networkofcare.org/NebraskaBehavioralHealth>

Panhandle partnership: <https://panhandlepartnership.com/what-we-do/western-nebraska-resource-guide.html>

Foodbank for the Heartland: <https://foodbankheartland.org/food-resources/find-food/>

Lincoln Food Bank: <https://www.lincolnfoodbank.org/get-food/food-finder/>

Community Service Block Grant: <https://dhhs.ne.gov/Pages/Community-Service-Block-Grant.aspx>

Commodity Supplemental Food Program: <https://dhhs.ne.gov/Pages/Commodity-Supplemental-Food-Program.aspx>

Child/Adult Abuse Hotline 1-800-652-1999

Suicide 988

Nebraska Family Helpline 1-888-866-8660

Domestic Violence 800-799-7233

US Citizenship and Immigration Center 1-800-375-5283