

2-1-1

What is 2-1-1:

2-1-1 is a free, confidential, information and referral service that connects people to essential health and human services 24 hours a day, seven days a week online or over the phone.

How to Contact 2-1-1:

- Visit 211ct.org
- Dialing 2-1-1 on your phone will connect you to a trained contact specialist 24/7
- Chat: Available Tuesday-Friday, 8-2. Link located on top right of website.
- Text for resources: CTWARM, CTFOOD, CTRECOVERY to 8898211
- Relay services can be accessed by calling 7-1-1. Anyone who is out-of-state or using Relay can connect to Connecticut 2-1-1 toll free by dialing 1-800-203-1234.