



**CONNECTING  
YOU TO THE  
HELP YOU NEED**

ਜੋੜਾਂਗੇ ਤੁਹਾਨੂੰ  
ਤੁਹਾਡੀ ਜ਼ਰੂਰਤ  
ਮੁਤਾਬਿਕ।

**MAG-UUGNAY TUNGO  
SA IYONG  
PANGANGAILANGAN**

**CONECTÁNDOLO CON  
LA AYUDA QUE  
USTED NECESITA.**

要得到你所需要的帮助，  
请联系我们。

- An information and referral service connecting you to thousands of community, social and government resources
- 24/7
- Offered in over 200 languages
- Free service
- Confidential

**[www.ab.211.ca](http://www.ab.211.ca)**



United Way  
Calgary and Area  
Building a great city for all.



**DISTRESS CENTRE**  
24 HOUR SUPPORT | COUNSELLING | RESOURCES

**Calgary**





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## What is 211?

211 is a free, confidential, multilingual, 24 hr information and referral service connecting you to thousands of community, social and government resources in Calgary and area.

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## Who can use 211?

Anyone can call 211. Our staff will help you with your day-to-day needs and help you cope with a stressful situation before it escalates into a crisis.

If you need information about transportation, schools, home-care, day care, job search assistance, immigrant services, financial assistance, senior services, food banks, shelters, etc., we can connect you to the resources you need.

Volunteers can also use 211 to find out about opportunities to help their community by donating their time, goods and/or money.

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## 211 is a multilingual service.

Our telephone service is multilingual and we can support callers in over 200 languages.

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## How does 211 work?

If you have a question or a concern call 211.

Our staff has access to a comprehensive database of community, government and social services available in Calgary and area.

211 is staffed 24 hrs a day by highly trained Information and Referral Specialists who will assess your need(s) and refer you to the appropriate service(s).

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## Is 211 available online?

Yes. Contact us at [www.ab.211.ca](http://www.ab.211.ca) 24 hours a day. This service is not multilingual.

### **DISTRESS CENTRE**

Suite 300, 1010 - 8th Avenue SW, Calgary, AB T2P 1J2

email: [info@distresscentre.com](mailto:info@distresscentre.com) main office: 403.266.1601

24 hour crisis line: 403.266.HELP (4357)