

# Help starts here.

Way • AIRS

2-1-1™

Get Answers.



- Parenting help
- Child care
- Food, clothing, shelter
- Energy assistance
- Crisis intervention
- Domestic violence
- Health care
- Senior care
- Substance abuse
- HIV/AIDS testing
- Job services
- Counseling
- Disability services
- Veteran services
- Public benefits
- Legal assistance
- Transportation

**Dial 2-1-1**  
or 1-800-478-2221

**Need help? Know a friend,  
or neighbor who needs help?**

**With one easy phone call,  
our friendly, trained specialists  
will connect you with the  
community services  
that best fit your needs.**

**Find help online 24/7 at  
[www.alaska211.org](http://www.alaska211.org).  
It's free and  
confidential.**

Alaska  
**2-1-1**™  
*Get Connected. Get Answers.*

Alaska United Ways



# Having trouble paying your bills?

Tips on stretching your budget and getting help.

## **Food assistance can help stretch your budget.**

Alaska 2-1-1 Information Specialists can help you locate food pantries in your area. Dial **2-1-1** or **1-800-478-2221** or go online at **[www.alaska211.org](http://www.alaska211.org)**

**Food stamp benefits and WIC.** You may be eligible to receive food stamp benefits or food for your children through the Women, Infants and Children program. Eligibility information is available through the State of Alaska Department of Public Assistance at **[www.hss.state.ak.us/dpa](http://www.hss.state.ak.us/dpa)**

## **Mortgage trouble? Don't delay.**

Talk with your lender. Know your mortgage rights. Understand foreclosure prevention options. Learn more at **[www.hud.gov/foreclosure](http://www.hud.gov/foreclosure)**

## **Struggling to keep utilities on? Don't wait.**

Call your utility company at the first sign of trouble. More can be done with the lights on. Dial **2-1-1** or **1-800-478-2221** or visit **[www.alaska.211.org](http://www.alaska.211.org)**

## **Need help reducing your debt?**

Be wary of debt consolidation and pay day loan ads. Consumer Credit Counseling of Alaska offers educational programs and personal debt management plans. Visit **[www.cccsofak.org](http://www.cccsofak.org)**

## **Lost your job or worried about layoffs?**

Information on unemployment insurance benefits, jobs or employment training can be found at **[www.jobs.alaska.gov](http://www.jobs.alaska.gov)**

**You may qualify for a tax credit and that could mean a larger tax refund next year.** Call the IRS Hotline at 1-800-829-1040 to learn more. Alaska 2-1-1 will have information on the locations of no cost tax preparation sites in January, 2009.