



**211** is your 24/7 connection to thousands of programs & services offered by local community groups, non-profits and government departments throughout the province.

As a Community Health Board Volunteer, you work to improve health & wellness in your community. Part of this connection to healthy social outcomes is the ability to connect to community and social services programs when needed. We know it can be a challenge to find help, particularly if someone is not familiar with the nature of a particular program or service. Many of these challenges can be linked to one or more of the social determinants of health such as housing support, food banks, employment services and social activities.

In Nova Scotia, 211 offers a solution to this challenge. 211 is a free, confidential service, offered by a non-profit association and has information about thousands of resources across the province offered by local community groups, non-profit organizations and government departments including:

- Support for parents & families
- Mentoring programs
- Transportation
- Services for seniors
- Recreational programs
- Legal support
- Respite
- Literacy programs
- Counselling
- Mental Health and Addiction Support
- Services for persons with disabilities
- Financial assistance
- Clothing banks
- Newcomer services
- and much, much more...

In 2019, 211 community resource navigators answered more than 35,000 phone calls and there were over 375,000 visits to the 211 website. 211 is here to help 24/7.

**Dial 2-1-1** (*over the phone interpretation services available in 140+ languages*)

**Visit** [ns.211.ca](http://ns.211.ca) (*to search for resources or chat online with a specialist*)

**Text** 211

**Email** [help@ns.211.ca](mailto:help@ns.211.ca)

**Help Starts Here at 211**