



Help starts here.

211 connects parents, caregivers, youth and children to the programs and services they need in their community

Finding programs and services that can help you and your family shouldn't be difficult.

211 is here to help you find programs and services in your community offered by local community groups, non-profits and government departments. The service is **free** and **confidential** and information about thousands of services province-wide is available 24/7 by simply dialing 2-1-1 or searching the online database at ns.211.ca.

211 can serve as the first step to helping parents and professionals navigate and access the services children need from child and adolescent mental health services, substance abuse prevention and treatment programs to funding for recreational activities, after school programs and day camps, sports and fitness opportunities, leadership programs and much more.

The non-profit service launched on February 11th, 2013. In 2019, 211 received over 35,000 calls and more than 375,000 visits to their website. In addition to the 211 **website** and **phone** service (with over the phone language interpretation available in 140+ languages), you can also **text** 211 or **chat** online at ns.211.ca (Monday to Friday from 9 am – 6 pm).

211 can also provide information on programs and services for ALL members of your family including senior support services, homecare, volunteer opportunities, newcomer support, food banks and housing support. The service is funded by the Province of Nova Scotia and United Ways throughout the province.

Dial 2-1-1
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