



**211 connects nursing and home support staff to the programs
and services their clients need in their community**

As a continuing care assistant, licensed practical nurse or registered nurse, you know that issues facing clients and their families can sometimes be beyond your scope of expertise. With 211, finding programs and services to help has never been easier.

Everyday nursing and support workers interact with people, many of whom are facing complex needs. **211 can help you help others** because 211 offers a solution to the challenge of navigating people to programs and services, anywhere in Nova Scotia.

211 is here to help you, as a caring professional, find information on programs and services offered by local community groups, non-profits and government departments province-wide. 211 has information about thousands of services including:

- support for seniors
- mental health and addictions support
- child care
- recreational programs
- counseling
- housing support
- homecare
- newcomer support
- food banks
- transportation
- and much, much more!

The **free** and **confidential** service is available 24/7 by simply dialing 2-1-1 or searching the online database at ns.211.ca. Language interpretation service is available in over 140 languages. For those who prefer other ways to reach out, you can contact us through email at help@ns.211.ca, by texting 211 or visiting our website to chat with a community resource navigator.

Have a story to tell? If 211 has made a difference to you or someone you've helped, we'd love to hear about it. Please contact us to tell your story.

**Dial 2-1-1
Help starts here.**