



**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 Senior Safety Navigator, you work to improve the lives of older adults across the province every day through education and awareness. You connect with older adults in their communities, providing resources, support and a listening ear. Part of this contact may include connecting to community and social services programs when needed. We know it can sometimes be a challenge to find help, particularly if someone is not familiar with the nature of a particular program or service.

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 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** (*Available in 100+ languages*)

**Visit** [ns.211.ca](https://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**