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**HELP IS  
ONE  
CALL  
AWAY**

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**2-1-1** provides information on:

**Basic Human Needs Resources**

Food Pantries, Clothing Banks, Shelters, Rent Assistance, Utility Assistance

**Physical And Mental Health Resources**

Community Healthcare, Disease & Illness Related Services, Counseling, Crisis Lines

**Children, Youth and Family Support**

Child Care Information, Child Protective Services, Family Resource Centers

**Support For Seniors and Persons With Disabilities**

Senior Services, Meals, Adult Protective Services, Disability Related Services

**Domestic Violence and Sexual Assault**

Shelters, Counseling, Outreach & Prevention

**Volunteer Opportunities and Donations**

**United Way  
of Central New Mexico**



Need help finding resources?  
United Way 2-1-1 is here.

Dial Toll Free **2-1-1** or **(505) 245-1735**

to speak to an information and referral specialist.

Calls answered 7 days a week,  
8AM to Midnight, 365 days a year.

You can also access information online  
at [uwcnm.org/211](http://uwcnm.org/211)



Sheet Metal & Air Conditioning  
Contractors' Association of New Mexico

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