



- **Tune out media that can produce anxiety or fear.** It is okay to stay informed but do not spend more than 30 minutes a day on news media. Find out what you need to know to be safe then tune out.
- **Tune in to your support system.** Reach out to family and friends by text or phone so that you stay connected and share information about your day, your hobbies, or your concerns.
- **Tune out, negative people.** You don't need doom and gloom right now. Keep it positive or keep it moving!
- **Tune in to your resources.** If you need more support than you can get from friends and family, reach out to your mental health professionals. We are still here to make sure you get what you need, and there are many ways we can help by phone.
- **Remember, YOU control the ability to tune in or tune out.** Focus on the positive and do something that makes you feel productive at home and take comfort in talking with friends and family by phone. We are going to get through with the support of each other!

NEED HELP? JUST DIAL 2-1-1

UNITED WAY 2-1-1 PROVIDES FREE, CONFIDENTIAL, 24/7 REFERRALS FOR:

BASIC HUMAN NEEDS

- Food
- Clothing
- Shelter
- Rent assistance
- Utility assistance

PHYSICAL & MENTAL HEALTH

- Health insurance programs
- Medicaid & Medicare
- Intervention services
- Support groups
- Counseling
- Drug & alcohol intervention
- Victims' services
- Rehabilitation

EMPLOYMENT SUPPORT

- Earned Income Tax Credit (EITC)
- Financial assistance
- Job training
- Transportation assistance
- Education programs

SUPPORT FOR SENIOR CITIZENS

- Adult day care
- Respite care
- Home health care
- Transportation
- Specialized services for both young & old with disabilities
- Employment assistance

SUPPORT FOR CHILDREN, YOUTH, & FAMILIES

- Child care
- After-school programs
- Family resource centers
- Mentoring
- Tutoring
- Protective services

GET HELP DURING A DISASTER:

During a disaster such as a hurricane, tornado, fire, or flood, a 2-1-1 Call Specialist links the caller to:

- Emergency shelters
- Grief counseling
- Food distribution centers
- Clean-up crews
- State & federal assistance
- Potable water, ice, food
- Volunteer opportunities
- Emergency financial assistance



Dial 2-1-1 or 251.431.5111
or
search the database online at:
www.211connectsalabama.org

2-1-1

HOPE IS NOT LOST.
UNITED WE WIN. LIVE UNITED



Mental Health Resources

- Disaster Distress Helpline- 1-800-985-5990
<https://www.samhsa.gov/disaster-preparedness>
- National Domestic Violence Hotline-1-800-799-7233
<https://www.thehotline.org/>
- Altapointe(Intake)-251-450-2211
- Altapointe Bay Minette-251-937-2010
- Altapointe Fairhope-251-928-2871
- Altapointe Foley-251-943-6646
- Family Counseling Center/ Lifelines-251-602-0909
- Hope Center-251-445-2273