

NATIONAL HEALTH CENTER AWARENESS MONTH

August 12 - 18, 2018

It can be hard or overwhelming to find resources in your area to help you through a hard time. Fortunately, there is a service that can help reduce that stress. It is 2-1-1.

2-1-1 is a free 24/7 health and human services referral and information line that provides a variety of resources that may be helpful for you. 2-1-1 Central New York (CNY) covers Onondaga, Jefferson, Lewis, Oswego and Saint Lawrence Counties.

For more information or assistance on 211:

Website: [211 CNY](#) or [211 CNY DISABILITIES](#)

Phone Number: 211 or 844-245-1922

For more resources:

[Onondaga County Suicide Prevention Coalition](#)

[My3App](#)

[National Suicide Prevention Lifeline](#)

[Crisis Text Line](#)

[Contact Hotline](#)

