

HOPE AND HELP PROGRAM

United Way Monterey County has streamlined the process for finding behavioral health resources by creating a key word text program in Spanish and English that will connect users to targeted resources on the 211 website.

**For those seeking programs and services
Text (831) 215-3342**

- For mental health resources text **WELLBEING**
- For substance use resources text **CARE**
- For youth resources text **YOUTH**
- For suicide prevention text **HOPE**

If you're experiencing an emergency, please dial 9-1-1. If you or someone you know is thinking of suicide or in a mental health crisis, please dial 9-8-8 to reach a trained, supportive person who can help.



United Way
Monterey County