Knowing you need help is one thing. Finding someone who can help you is another. That’s why in times of need, the best number to dial is 2-1-1. Trained call specialists are ready day or night to listen and respond to a caller’s needs and connect them with the appropriate programs and services in their area.

What is 2-1-1?

2-1-1 is an easy to remember telephone number that connects people with important community services and volunteer opportunities.

Every hour of every day, someone in the United States needs essential services - from finding an after-school program to obtaining assistance for a child or an aging parent. Faced with the growing number of agencies and help-lines, people in need of help often don’t know where to turn. In many cases, they are unable to find help because they do not know where to start or whom to contact. U.P. 2-1-1 opens the door by providing easy access to needed information and assistance.

Benefits of 2-1-1

• Free
• Comprehensive
• Talk to a “live” person
• Confidential - Individualized, personal interaction with trained and knowledgeable staff
• Accessible 24/7 - Available 365 days a year
• Community-Based-Information collected and updated on a timely basis
• Trained, Certified Information and Referral Specialists that will assess your situation, help you find answers to your questions, and provide you with options and any information you may need!

People helping people find services for themselves, family, and friends.
Questions & Answers

2-1-1 Provides Information and Assistance for . . .

Aging & Disability Resources
Employment
Rent/Utility Assistance
Senior Services
Home Care
Housing
Transportation
Child & Family Services
Medicare Medicaid Assistance Programs (MMAP)
Veterans Services
and more . . .

Our Mission

To provide easy accessible, responsive and professional information and assistance to Upper Peninsula citizens and families in need.

DIAL 2-1-1
OR
1-800-338-1119
TTY-DIAL 7-1-1

Upper Peninsula

Get Connected. Get Answers.

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UPCAP is a non-profit, charitable organization

The Upper Peninsula Community and Human Resource Connection