

- If you are struggling with your mental health, dial 2-1-1. Community Resource Navigators can connect you with help near you. [www.pe.211.ca](http://www.pe.211.ca) #HelpStartsHere #211PEI
- Don't forget 211 PEI Navigators are standing by 24/7 365 days a year to help you find programs and supports. [www.pe.211.ca](http://www.pe.211.ca) #HelpStartsHere #211PEI
- What is 211 PEI? 211 is a free, confidential service that connects you with support programs and services nearby. Life can be hard, but finding help can be easy. Dial 2-1-1 or visit [www.pe.211.ca](http://www.pe.211.ca). #HelpStartsHere #211PEI
- Struggling with your mental health? Need help finding food? 211 PEI can help you find support. Dial 2-1-1 to connect with programs and services near you. 211 is free, confidential, and available in 150+ languages. [www.pe.211.ca](http://www.pe.211.ca) #HelpStartsHere #211PEI
- Did you know you can dial 2-1-1 if you need help accessing social services and programs in your community? 211 PEI is free, confidential, and available in 150+ languages. [www.pe.211.ca](http://www.pe.211.ca) #HelpStartsHere #211PEI
- Asking for help isn't always easy. Dialing 2-1-1 will connect you with a 211 Community Resource Navigator who can help find the right support in your community. It's free, confidential, and available in 150+ languages. [www.pe.211.ca](http://www.pe.211.ca) #HelpStartsHere #211PEI
- Having a hard time? Don't struggle alone. Speak to a 211 PEI Community Resource Navigator any time by calling 2-1-1 to find supports and services that can help. [www.pe.211.ca](http://www.pe.211.ca) #HelpStartsHere #211PEI