

**CONFIDENTIAL**

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**FREE ASSISTANCE**

*for Veterans, Military Members and their Families*



**Support You Can Trust.  
Help When You Need It.**

When life gets challenging, we're here  
to provide support – 24/7/365.

**Best Fit Resources**

**Completely Confidential**

**Specialized Support**

**Convenient Access**

**CALL 211**

**Contact a 211 Resource Navigator**



**Call 211 · Text Your ZIP Code to 898211**

**Visit [uwm211.org/militaryfamilyhelpline](http://uwm211.org/militaryfamilyhelpline)**

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## Support You Can Trust. Help When You Need It.

You Don't Have to Face it Alone



Housing +  
Utilities



Physical +  
Mental Health



Employment



Education



Childcare



Food



Transportation

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