

FEELING THE ECONOMIC CRUNCH?

More people than ever will need help making ends meet, including many who never expected to be on the receiving end of assistance. Knowing where to begin isn't always easy. There ARE services available in the greater community to help get you through this period of furloughs and increasing economic uncertainty.

First of all, plan ahead as much as you can - look at your family budget (or come up with one if you don't currently have one). Figure out where you're spending your money. Be proactive with lenders - including your landlord/mortgage company, your utilities, any credit card companies, ... Call them and explain your situation BEFORE it's too late or you go into default. Try to arrange smaller payments or defer payments if possible. Don't ignore your mail and stop using credit cards whenever possible!

For many, you have not had to ask for assistance in the past. You have been independent and able to take care of your family's needs. Please don't hesitate to reach out for help. A number that is available statewide that can provide information and referral to available services is **2-1-1**. [That number can be called from all landline telephones and most cellular telephones. If **2-1-1** does not work on your telephone, please dial 608-246-4357. **2-1-1** is a free, confidential information and referral resource available via telephone AND online, 24 hours a day, every day.

CALL 2-1-1 FOR INFORMATION CONCERNING:

- **Food** - to get information concerning food pantries and congregant meal programs in your area; using free, available food is a great way to stretch your household budget.
- **Housing and Utilities** - limited resources are available to avoid foreclosure/eviction or possible energy assistance.
- **Financial Counseling** - is available to implement a family budget and consider ways to reduce debt or monthly expenses.
- **Legal Assistance** - in case you already are in too deep or need help with other family problems.
- **Family Issues** - whether it is caring for your parents or other seniors, child care/parenting situations, ask for help with respite care or other available options.
- **Alcohol and Other Drug Abuse** - at a time of stress, what might have been a problem of the past or even just a "bad" habit can become overwhelming; please don't hesitate to reach out for assistance.
- **And much more ...**

Just dial 2-1-1 (or 608-246-HELP) from your telephone or visit <http://www.unitedwaydanecounty.org/2-1-1.html>



AFL-CIO Community Services and United Way Partnership