

CONNECT

to resources across the community
for immediate and longterm needs

United
Way



FIND RESOURCES AT CONTACT 211

Dial 2-1-1 on any local phone to speak to a trained professional who can connect you to essential community services. 2-1-1 is here to help— 24 hours a day, seven days a week. Call specialists provide free and confidential services that will help you explore your options for help and connect to resources.

Types of situations where 2-1-1 can help:

- I'm behind on my rent payment; are there any resources that can help?
- Can I continue to access free meals for my children through our schools?
- I'm behind on my electric bill and I'm scared my electricity will get turned off. Can I get help?
- My parents are afraid to leave their house and need groceries soon. Who can they call for assistance?

2-1-1

Get Connected. Get Help.™

DIAL [211](tel:211) | EMAIL: info@contact211netn.org | WEBSITE: www.contact211netn.org/

UNITED WAY FREE FINANCIAL COACHING

Struggling with finances? We can help! We are partnering with Appalachian Opportunity Fund to provide free financial coaching. This coaching can be as simple as a monthly budget or more in-depth to help pay off creditors. Every coaching session is tailored to the individual's goals.

Financial Coaches Can Help With:

- Debit reduction and consolidation
- Help calling creditors and negotiate extended terms when needed
- Navigate student loan payments
- Estimate expenses and develop a spending and saving strategy
- Make plans to reduce financial stress

Connect with a Financial Coach

Email:

ataylor@appalachianopportunityfund.com

Call: 423-283-8444

OR

1. Text/call for quick questions about finances available day and night: 423-283-8444

2. Complete the financial wellness survey: <https://unitedway-aof.questionpro.com>

3. Online appointment scheduling for coaching sessions: <https://calendly.com/aofcalendar>

4. Video conferencing option for coaching sessions

FAMILYWIZE & UNITED WAY PRESCRIPTION DISCOUNT PARTNERSHIP

United Way of Washington County TN partners with FamilyWize to provide access to affordable prescription medications in order to ensure greater health and financial stability to community members.



THE FAMILYWIZE PRESCRIPTION SAVINGS CARD:

- Is free for everyone – it's like a coupon that you can use as often as you want.
- Reduces cost – just show the card every time to get the lowest prices, whether it be FamilyWize, insurance or retail price.
- Is easy to use with no registration or eligibility requirements.
- Covers FDA approved prescription medications.
- Saves an average of 45% on prescriptions.
- Accepted at major chain pharmacies nationwide.

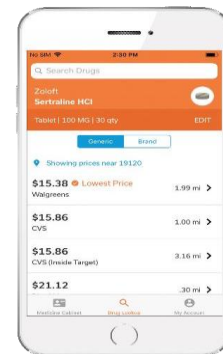
HOW DO I GET A CARD?

Download and print a card at www.familywize.org/card

Text "family" to 700700 to receive a card on your phone

(Message and data rates may apply. FamilyWize Terms and Privacy)

Download the FamilyWize app from the Apple App Store or Google Play.



LOOK UP PRICES BEFORE GOING TO THE PHARMACY

You can also check the FamilyWize price of your prescription(s) before going to the store by either going to familywize.org or by downloading the free FamilyWize app. Simply enter your drug name, dosage and zip code to find the lowest price within a 10-mile radius.

OTHER COMMUNITY RESOURCES AVAILABLE

TN Statewide Crisis Line:	1-855-CRISIS-1	24/7/365 Call System to help anyone experiencing a mental health crisis.
Crisis Text Line:	Text TN to 741-741	To connect to a trained counselor
Northeast TN Regional Health Information Line	423-979-4689	

Office of the Governor- State of TN <https://www.tn.gov/governor/covid-19.html>

Find the latest information from the Governor's office for the State of Tennessee. Your link to up-to-date information and state resources.

Brought to you by: The United Way of Washington County TN 423.220.1229 www.uwowc.org