

# Social Services

If you need help with housing, food, transportation, or other social services, click on the link below to find resources near you. These are primarily social services, rather than legal services.

[211 Tennessee \(United Way\)](#)

"One of the easiest ways to get help is by dialing 2-1-1, Tennessee's community services help line. When you call, you'll get a real person, one who is trained to help you sort out your needs, and then give you phone numbers and addresses of the closest places where you can get help. 2-1-1 has a database of more than 10,000 health and human services programs, cross-referenced for all sorts of keywords. So don't worry if you don't know what type of service you need or the name of an agency — just talk with the specialist at the other end of the line and she or he can help you find what you need. All calls are free and completely confidential. Hours vary by location."

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