

Contact the United Way by calling 2-1-1 or by going to [211.org](https://www.211.org) for help with food, housing, employment, health care, counseling and other resources.

**If you have additional needs, return to "[I have been diagnosed with a brain injury](#)," or "[I am helping someone whose life has been affected by brain injury](#)"**

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**OR select the "go back one page" feature.**