



MUTUAL AID

211.org

211 is a vital service that connects millions of people to help every year. Search online by your zip code or call 211 to speak to a trained service professional.

Call: [211](tel:211)

Website: <http://211.org/>

National Alliance on Mental Illness (NAMI)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

HELPLINE: [1-800-273-8255](tel:1-800-273-8255)

Website: <https://namiflorida.org/>

United Way of Volusia-Flagler Co., Inc.

3747 W International Speedway Blvd

Daytona Beach, FL 32124-1071

[\(386\) 253-0563](tel:(386)253-0563)

Website: <https://www.unitedwayvfc.org/>