



# Looking for Support in Blount County

**There is no reason to struggle alone!**

**There are people and organizations who want to support you.**



## Community Resource Guide

[unitedwayblount.org/resources](https://unitedwayblount.org/resources)

All-inclusive list of resources with phone numbers and websites



Rent & utilities  
Food  
Counseling & therapy  
Dental care  
Crisis hotlines  
Substance misuse recovery & more!

**211**

M - F

8am - 4pm [uwgk.org/211-2](https://uwgk.org/211-2)

Call for referrals to local services  
Operated by City of Knoxville & covers Blount County

**988**

Call or Text

24/7

One-on-one confidential support for mental health, suicide, and substance use-related problems

[988lifeline.org](https://988lifeline.org)

## Still not sure what to do?

Call or email United Way of Blount County to learn more about community resources

865-982-2251

[uwbc@unitedwayblount.org](mailto:uwbc@unitedwayblount.org)