

**Need help?  
Don't know where to turn?  
Call us today.**

Rappahannock United Way's "First Call for Help" is a free and confidential information service ready to direct you to the health and human services you need or are looking for in the city of Fredericksburg and the counties of Caroline, King George, Spotsylvania and Stafford.

**First Call for Help  
540-371-5268  
1-877-435-7510 (toll free)**

When you call First Call for Help, we will ask some basic questions to help determine which agency can best meet your needs, these questions will include the county and zip code where you live. First Call for Help does not know how to solve every problem, but we usually know someone who may be able to help.

**Rappahannock United Way**

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**[www.rappahannockunitedway.org](http://www.rappahannockunitedway.org)  
[wecare@rappahannockunitedway.org](mailto:wecare@rappahannockunitedway.org)**