

# HELP

*When you need it!*



*Do you know who to call if you or a co-worker needs help? We're your trusted resource to help you find solutions to your situation.*

## Give us a call if:

- You're feeling anxious or struggling with your mental health
- You need help with car repairs, car payments, or public transit
- You're having difficulty with your rent/mortgage or home repairs
- You're seeking safe, accessible, and affordable housing, or are facing eviction
- You need help finding or accessing affordable childcare options
- You are struggling to make payments or have a shut-off notice
- You do not have enough food for the next fourteen days for you or your spouse/children
- You need assistance finding/navigating community resources

## Outreach & Member Care

**800-321-9357**

**Direct dial x14696**

[masonsupport@michiganmasons.org](mailto:masonsupport@michiganmasons.org)

**Your Masonic Resource Center**  
Supports employees and affiliated members.

