

RESOURCE GUIDE (JUNE 2010)

General Assistance	Mental Health/Substance Abuse	Health Assistance	Financial Assistance
<p>Wake County Human Services 212-7000 Combined social services, health, and mental health agency. Provides child welfare, health, disability, mental health, substance abuse, veteran, homeless, and winter emergency assistance and employment services.</p> <p>United Way 211 2-1-1 or 1-800-831-1754 24-hour human service information and referrals.</p> <p>Careline 1-800-662-7030 8am-5pm, Monday-Friday Information and referral hotline.</p>	<p>Catholic Charities 790-8533 3000 Highwoods Blvd Individual, family, marital, and group counseling for mental health needs. Fees based on a sliding scale.</p> <p>Cornerstone PATH programs 508-0777 Serves homeless individuals with mental illness and substance abuse issues.</p> <p>SouthLight 787-6131 3125 Poplarwood Court, Ste. 203 Programs and services for youth and adults with addictions.</p> <p>Wake County Mental Health Emergency Services 250-3133 24-hour evaluation for mental health & substance abuse issues.</p>	<p>Crisis Intervention Prescriptions 834-4707 Financial assistance for written prescriptions once every 3 months for individuals without insurance.</p> <p>Open Door Clinic 832-0820 1390 Capital Blvd. Tues, Thurs. Call at 9:00am. Opens at 5:00pm. Free medical care and prescriptions for individuals without insurance.</p> <p>Wake Health Services, Inc. 833-3111 or 231-3180 (Pediatrics) 362-5201 (Apex) 3 locations. Call for directions. Offers affordable healthcare and pediatric services to uninsured (Medicare Part-B allowed).</p> <p>Alliance Medical Ministry 250-3320 2610 New Bern Ave., Raleigh Offers affordable medical care and health education. Must be employed. Bring at least 2 pay stubs.</p> <p>Dental Health for Wake County 250-4610 or 250-4610 (children) 10 Sunnybrook Rd., Raleigh Preventative services and treatment on a sliding scale. Free services for children up to age 5.</p> <p>Wake Teen 828-0035 505 Oberlin Road, Suite 204, Raleigh Counseling, nutritional assessments, medical services, and health education for children and teens.</p> <p>Senior Prescription Assistance 1-888-488-6279 Information about NCRx, which helps seniors who qualify with prescriptions.</p>	<p>First Presbyterian Church 833-4070 120 West Hargett St, Raleigh By appointment only Call Monday at noon or Tuesday at 9:30am. Financial assistance is provided once a year for rent, utilities, and other needs of those employed.</p> <p>Salvation Army 834-6733 215 S. Person St, Raleigh By appointment only Call Friday 8am for following week. Need final notice on utilities or eviction notice for rent. NC Photo ID and SS Card required. May receive assistance once per year.</p> <p>Wake County Human Services, Service Intake 212-7000 220 Swinburne St., Raleigh Mon – Fri 8:00am – 5:00pm, must register by 4:30pm. Crisis financial assistance provided for rent, transportation, medications, eyeglasses, and other emergency services. Assessment, counseling, and information referral services also offered.</p> <p>North Raleigh Ministries 785-9911 2431-152 Spring Forest Rd., Raleigh By appointment only. Call for appointment on Mondays 10am. Must bring photo ID, SS cards, utility bill, copy of lease, and 2 mo pay stubs. Financial assistance for residents living in the following zip codes: 27604, 27609, 27612, 27613, 27614, and 27615, 27616.</p> <p>Lifeline/Link-Up 1-888-757-6500 Low-income support for telephone service.</p> <p>Assurance Wireless 1-888-898-4888 Free cell phones for low-income clients</p> <p>ChurchNet 569-0020 Wake Forest, Youngsville, & Rolesville residents only.</p> <p>Christian Community in Action 469-1351 1231 NE Maynard Rd. Cary Mon.—Fri. 10am—12:30 Provides emergency financial aid for residents of Cary, Morrisville, Friendship, New Hill, & Willow Spring</p> <p>Western Wake Crisis Ministry 362-0657 Mon.—Thur. 10am—1pm 103 1/2 E. Chatham St. Apex Provides emergency financial aid for residents of Apex, Holly Springs, Friendship, & New Hill (Only once per year).</p> <p>Triangle Family Services 821-0790 3937 Western Blvd., Raleigh Financial assistance, counseling and education.</p>
Crisis Hotlines	<p>Triangle Family Services 821-0790 3937 Western Blvd. Family, marital, and individual therapy.</p> <p>Wake Teen 828-0035 505 Oberlin Road, Suite 204 Counseling, nutritional assessments, and health education for children and teens.</p> <p>The Healing Place 838-9800 Men's center and women's center. 3-5 day non-medical detox, 7-12 month substance abuse recovery program for homeless persons. Pick-up at S. Wilmington for men and Blount/Hargett for women (no walk-up)</p> <p>Fellowship Health Resources, Inc. 573-6520 4112 Blue Ridge Rd</p> <p>Wake County Human Services Alcoholism Treatment Center 250-1500</p> <p>Triangle Down Syndrome Network 788-3646 Support, educate and connect families of children with Down syndrome</p>	Other Resources	
<p>Alcoholics Anonymous 783-6144 Information about AA meetings and alcoholism</p> <p>Al-Anon 713-1516 For family members of those dealing with alcoholism</p> <p>Birthchoice - Pregnancy Help 781-5433 3820 Merton Dr, Ste 219, Raleigh</p> <p>Carolina Poison Control Center 1-800-222-1222</p> <p>Child Abuse Hotline 1-800-4ACHILD</p> <p>Drug Helpline (U.S. DHHS) 1-800-662-HELP</p> <p>Gay and Lesbian Helpline 821-0055</p> <p>Holly Hill RESPOND 250-7000 or 1-800-447-1800 24-hour mental health and substance abuse evaluations</p> <p>HopeLine 231-4525 24-hour local crisis and suicide prevention hotline</p> <p>Interact Domestic Violence Hotline 828-7740 24-hour hotline for survivors and victims of domestic violence</p> <p>Interact Rape Crisis Hotline 828-3005 24-hour hotline for survivors and victims of sexual assault and rape</p> <p>Lifeline 1-800-273-TALK National suicide prevention hotline</p> <p>Teen TalkLine 231-3626 24-hour crisis line for teens</p>	Transportation Assistance		
	<p>Capital Area Transit 828-7228 Call 485-7433 for bus schedules.</p> <p>Triangle Transit Authority 549-9999</p> <p>Wake Coordinated Transportation Services—TRACS 212-7005 For the elderly (60+) and disabled. Need to provide proof of age or disability. Also provides services for people living in certain rural areas. Mon.—Sat. 6am-6pm Cost \$2—\$4 Call for more information.</p>		

* It is a good idea to call ahead to find out if there are any changes in the schedule or eligibility requirements.

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Shelters	Transitional Housing	Clothing Assistance	Food Assistance
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Helen Wright Center
833-1748 401 Cabarrus St
 Emergency and transitional housing for women. Must call/stop by every morning to stay on waiting list.

South Wilmington Street Center
857-9428 1420 S. Wilmington St
 Emergency shelter for men 24/7. Lunch is every day from 11:30am – Noon

The Healing Place (men)
838-9800 1251 Goode St
 Emergency shelter/transitional housing for men who enroll in substance abuse program. Must be at S. Wilmington Center for pick-up (no walk-ups).

The Healing Place (women)
838-9800 3304 Glen Royal Rd
 Same as men's program (no pregnant women in detox/recovery program). Must be at Women's Center on Blount/Hargett by 3:15 PM for pick-up.

Raleigh Rescue Mission
828-4980 (women)
828-9014 (men) 314 E. Hargett St
 8-month program towards job readiness and self-sufficiency. Emergency shelter for women with children (boys under 10)

Wake Interfaith Hospitality Network
832-6024 903 Method Rd
 Short-term shelter for couples with or without children, or single women with children. Intake hours Mon – Thurs 9:00am – 5:00pm

Wrenn House
833-7866 908 W. Morgan St
 shelter for young people (age 10-17).

Interact
828-7740 Women & children

Salvation Army
834-6733 215 S. Person St., Raleigh
 Transitional housing for women and children. No boys over 10 years.

A Caring Place
462-1800
 Transitional shelter for working families with children. Must be employed and working full-time, and homeless or at risk of becoming homeless.

Epiphany House
829-3711
 Transitional shelter for women with children. Requires referral from mentor Advocacy Program at the Women's Center.
 Hours: 10am-4:30pm

Families Together
212-1123/836-9197
 908-101 Plainview Dr. & 1410-105 Brookside Dr. (Raleigh)
 Transitional housing and support services to assist families in achieving self-sufficiency. Life skills program, live-in resident manager, minimal monthly program fee. Must be employed or in an educational/training program.

Step-Up Ministry
781-0156
 Transitional shelter for employed homeless families. Adult family member must be working at least 35-40 hours per week, no felony record within 7 years, age 21+. Tuesday night meeting required. Call to register for orientation week.

Passage Home
834-0666
 Transitional shelter for working, homeless families. Must be at least 21 and must be working at least 32 hours per week or have strong recent work history. Must have at least 6 mos. clean history of substance abuse. Residents must save \$300/month.

Brooks Avenue Church of Christ
821-2400
 700 Brooks Avenue, Raleigh
 Second and fourth Saturday of every month. 9:00am– Noon.
 No referral required.

Catholic Parish Outreach
873-0245
 2013 N. Raleigh Blvd., Raleigh
 Mon - Sat 10:00am – 1:00pm.
 Referral required.
 Clothing for infants and young children 4 and under, and maternity wear. SS card or id required for all receiving assistance.

Garner Area Ministries
772-9100
 885 Hwy 70 West, Garner
 Garner residents only.
 Mon, Wed, Thurs & Fri
 9:00am—Noon
 Food and financial assistance also available.

Helping Hand Mission
829-8048
 623 Rock Quarry Rd. Raleigh, NC.
 Mon – Fri 10:00am – 7:00pm
 Offers food assistance.

Salvation Army
834-6733
 215 S. Person St., Raleigh
 Thu 9:00am – 11:00am.
 Serves first 25 people. NC photo ID and SS card for all family members receiving assistance.

Pregnancy Life Care Center
 1001 Navaho Dr. 11am-2pm
 Clothing for expectant women and baby.

With Love from Jesus
233-8010
 421 Chapanoke Rd., Raleigh
 Tues, Wed, Fri, and Sat
 10am—12pm
 No Referral Required.

First Baptist Church
 832-4485
 99 N. Salisbury St., Raleigh
 Wed 10-11:30 am, Thurs 1-2:30 pm
 Free Clothing

Brooks Avenue Church of Christ
821-2400
 700 Brooks Ave., Raleigh
 2nd and 4th Saturdays 9am – Noon. Schedule changes in Nov. and Dec.
 No referral required.

Catholic Parish Outreach
873-0245
 2013 N. Raleigh Blvd, Raleigh
 Mon - Sat 10:00am – 1:00pm.
 Referral required. SS card or id req'd.

Christian Community in Action
469-1351
 1231 NE Maynard Rd., Cary
 Mon - Fri 10:00am – 12:30pm
 (Cary, Morrisville, Apex, Holly Springs, New Hill, Friendship area residents only). May be served once every 3 months.
 Referral required.

Garner Area Ministries
772-9100
 885 and 889 Hwy. 70, Garner
 Garner residents only
 Mon-Fri 9:00am-12:00pm

North Raleigh Ministries
785-9911
 2431-152 Spring Forest Rd. Raleigh
 Mon—Thur 10am-12:30pm; Thur 2-3pm
 No referral required. Need photo id, ss cards, & utility bill. For residents living in the following zip codes: 27604, 27609, 27612, 27613, 27614, 27615, and 27616.

Salt and Grace Ministries
 201 Holly Springs Rd, Holly Springs
 Apex, Holly Springs, Willow Springs residents only.

Salvation Army
834-6733
 215 Person St., Raleigh
 Tues/Thurs at 12:30, 1st 20 people only.
 ID for all family members required.
 No referral required. Call for appointment.

Shepherd's Table Soup Kitchen
831-2010
 121 Hillsborough St., Raleigh
 Mon-Fri 11:00AM – Noon
 Provides free hot meals.
 No referral required.

Urban Ministries Food Pantry
836-1642
 1390 Capital Blvd. Raleigh
 Mon-Fri 9am – 1pm
 ID for all members of household required.
 Must be a Wake county resident.

With Love from Jesus
233-8010
 421 Chapanoke Rd., Raleigh
 Tues, Wed, Fri, and Sat
 10am—12pm
 No Referral Required

Western Wake Crisis Ministry
362-0657
 103 1/2 E Chatham St., Apex
 Mon, Tue, Wed, Thu 10AM – 1PM
 Services for residents of Friendship, Holly Springs, New Hill, and Apex. Please bring proof of current address. No referral req'd.

Household Goods/Furniture

With Love from Jesus
233-8010
 421 Chapanoke Rd., Raleigh
 Tues, Wed, Fri, and Sat
 10am —11:30am
 No Referral Required

Helping Hand Mission
829-8048
 623 Rock Quarry Rd. Raleigh, NC.
 Mon – Fri 10:00am – 7:00pm

Thrift Stores

Goodwill Industries
834-0504
 321 W. Hargett St., Raleigh

782-2435
 4801 Grove Barton Rd., Raleigh

861-8992
 4401 New Hope Rd., Raleigh

Bargain Box
833-7587
 401 Woodburn Rd., Raleigh

Interact's Pass it on Too
865-1601
 1012 Oberlin Rd.

Salvation Army
779-8867
 205 Tryon Rd, Raleigh

Dorcas Thrift Shop
469-9861
 1231 NE Maynard

Mustard Seed
828-1166
 1504 Newbern Ave., Raleigh

North Carolina Children's Promise
832-8387
 2409 Crabtree Blvd., Raleigh

Resource list compiled by Catholic Charities

