

## RESOURCE GUIDE (JULY 2017)

General Assistance	Mental Health/Substance Abuse	Health Assistance	Financial Assistance
<p><b>Wake County Human Services</b> 919-212-7000 220 Swinburne St, Raleigh, NC 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><b>United Way 211</b> 2-1-1 or 1-800-831-1754 24-hour human service information and referrals.</p> <p><b>Careline</b> 1-800-662-7030 8am-5pm, Monday-Friday Information and referral hotline.</p>	<p><b>Catholic Charities</b> 919-790-8533 (x29 for Spanish) 3000 Highwoods Blvd Individual, family, marital, and group counseling for mental health needs. Fees based on a sliding scale.</p> <p><b>Cornerstone Center</b> 919-508-0777 Serves homeless individuals with mental illness and substance abuse issues. Provides resources in areas for crisis intervention, employment and counseling, case management</p> <p><b>Triangle Family Services</b> 919-821-0790 3937 Western Blvd. Family, marital, and individual therapy by licensed clinicians. <b>BY APPOINTMENT ONLY</b></p> <p><b>The Healing Place</b> 919-838-9800 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><b>Fellowship Health Resources, Inc.</b> 919-573-6520 4112 Blue Ridge Rd</p> <p><b>Wake County Human Services</b> 919-250-1500 Alcoholism Treatment Center</p> <p><b>Triangle Down Syndrome Network</b> 919-803-0515 Support, educate and connect families of children with Down syndrome</p> <p><b>South Light</b> 919-787-6131 Programs and services for youth and adults with addiction.</p> <p><b>New Leaf Behavioral Health</b> 919-781-8370 3725 National Drive, Suite 120</p> <p><b>Monarch</b> 919-856-4703 401 E. Whitaker Mill Rd. Mental Health related services</p> <p><b>UNC STEP Community Clinic</b> 919-445-0350 3010 Falstaff Rd. Treatment of Schizophrenia &amp; Psychotic illnesses</p>	<p><b>Open Door Clinic</b> 919-832-0820 1390 Capital Blvd. Medical care and prescriptions for individuals without insurance and don't qualify for Medicaid. 18+ cannot be pregnant</p> <p><b>Wake Health Services, Inc.</b> 919-833-3111 Several locations. Call for directions. Offers affordable healthcare and pediatric services to uninsured Only Wake County residents</p> <p><b>Alliance Medical Ministry</b> 919-250-3320 101 Donald Ross Dr., Raleigh Offers affordable medical care and health education. Must be employed. Bring at least 2 pay stubs.</p> <p><b>WCHS Medical Eye Care Program</b> 919-250-4621</p> <p><b>Public Health Center Services</b> 919-212-7000 (adults) 919-250-4570 (pediatrics) Primary care for children and adults. Sliding scale fee for the uninsured</p> <p><b>Wake Tech Dental Hygiene</b> 919-747-0126 some fees apply</p> <p><b>Mariam Clinic</b> 919-824-4672</p> <p><b>Wake County Dental Clinic</b> 919-250-4610 Dental Care for kids 3-18 and woman who are pregnant, based on family income. Medicaid and NC Health accepted</p> <p><b>UNC Dental School</b> 919-537-3956 (children under 4) 919-537-3737 (children 4 to 14)</p>	<p><b>First Presbyterian Church</b> 919-833-4070 120 West Hargett St, Raleigh By appointment only Call Tuesday at 9:30am. Financial assistance is provided once a year for rent, utilities, and other needs of those employed.</p> <p><b>Wake County Human Services, Service Intake</b> 919-212-7000 Residents of Wake County</p> <p><b>North Raleigh Ministries</b> 919-844-6676 9650 Strickland Rd. Raleigh By appointment only. Call for appointment on Mon &amp; Thur 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><b>Lifeline/Link-Up</b> 1-888-757-6500 Low-income support for telephone service.</p> <p><b>Assurance Wireless</b> 1-888-898-4888 Free cell phones for low-income clients</p> <p><b>ChurchNet</b> 919-569-0020 Wake Forest, Youngsville, &amp; Rolesville residents only.</p> <p><b>Dorcas Ministry</b> 919-469-9861 187 High House Rd., Cary Mon - Fri 9:00am – 3:00pm &amp; by apt. Cary &amp; Morrisville residents only Apex residents need referral form</p> <p><b>Western Wake Crisis Ministry</b> 919-362-0657 Mon.—Thur. 10am—1pm 103 1/2 E. Chatham St. Apex Provides emergency financial aid for residents of APEX AND HOLLY SPRINGS ONLY</p> <p><b>Triangle Family Services</b> 919-821-0790 rent 3937 Western Blvd., Raleigh</p> <p><b>The Women's Center</b> 919-829-3711 rent &amp; water 112 Cox Ave., Raleigh</p> <p><b>Garner Area Ministry</b> 919-772-9100 rent, water and prescription medication Garner residents only</p> <p><b>Southern Wake Faith Comm</b> 919-567-8100 rent &amp; water Fuquay and Willow Springs Residents only</p>
<b>Crisis Hotlines</b>		<b>Transportation Assistance</b>	<b>Other Resources</b>
<p><b>Alcoholics Anonymous</b> 919-783-6144 24-hr alcohol abuse hotline. Provides info on local AA meetings</p> <p><b>Al-Anon</b> 919-713-1516 For family members of those dealing with alcoholism</p> <p><b>Birthchoice</b> 919-781-5433 Pregnancy help</p> <p><b>Carolina Poison Control Center</b> 1-800-222-1222 24-hr poison help line</p> <p><b>Child Abuse Hotline</b> 1-800-4ACHILD</p> <p><b>Drug Helpline (U.S. DHHS)</b> 1-800-662-HELP 24-hr treatment referral and information about mental and/or substance use disorders, prevention and recovery.</p> <p><b>Holly Hill RESPOND</b> 919-250-7000 or 1-800-447-1800 24-hour mental health and substance abuse evaluations</p> <p><b>HopeLine</b> 919-231-4525 24-hour local crisis and suicide prevention hotline.</p> <p><b>Interact Domestic Violence Hotline</b> 919-828-7740 24-hour hotline for survivors and victims of domestic violence</p> <p><b>Interact Sexual Assault Hotline</b> 919-828-3005 24-hour hotline for survivors and victims of sexual assault</p> <p><b>Lifeline</b> 1-800-273-TALK (8255) National suicide prevention hotline</p> <p><b>Teen Talkline</b> (919) 231 3626 3820 Merton Dr., Ste. 219, Raleigh</p>	<p><b>Capital Area Transit</b> 919- 485-7433 Call for bus schedules.</p> <p><b>Triangle Transit Authority</b> 919-549-9999</p> <p><b>Wake Coordinated Transportation Services—TRACS</b> 919-212-7005 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—\$8 Call for more information.</p> <p><b>Accessible Raleigh Transportation</b> 919-996-3459 For persons with disabilities</p>	<p><b>Centro Para Familias Hispanas (Hispanic Family Center)</b> 919-873-0094 2013 N. Raleigh Blvd., Raleigh Provides information, resources and referrals, classes, workshops, and counseling. Call for appointment.</p> <p><b>JobLink Career Center</b> 919-250-3770 220 Swinburne St., Raleigh</p> <p><b>Resources for Seniors</b> 919-872-7933 In-Home Services.</p> <p><b>The Women's Center</b> 919-829-3711 112 Cox Ave. Raleigh Resource center that addresses issues of poverty and homelessness among women</p> <p><b>Capital Area NCWorks Career Center</b> 919-715-0111 Food stamp recipients only</p> <p><b>Child Care Service Association</b> 919-403-6950 Child care referrals</p>	<p><b>Resource list compiled by Catholic Charities</b></p> 

\* Call ahead to find out if there are any changes . Check [www.cporaleigh.org/publications.html](http://www.cporaleigh.org/publications.html) for most recent version

**RESOURCE GUIDE (JULY 2017)**

Shelters	Transitional Housing	Clothing Assistance	Food Assistance
<p><b>Centralized Intake for Homeless Women &amp; Children</b> 919-861-1195 Call to be directed to services that provide housing for women and children.</p> <p><b>South Wilmington Street Center</b> 919-857-9428 1420 S. Wilmington St Emergency shelter for men 24/7. Only for Wake County Residents. Provides long term and short term housing</p> <p><b>The Healing Place (men)</b> 919-838-9800 1251 Goode St Emergency Shelter for men only, chosen on night by night basis</p> <p><b>The Healing Place (women)</b> 919-838-9800 3304 Glen Royal Rd Must be at <b>women's center</b> by 3pm to be entered in lottery for the night. Chosen are taken to shelter by can that leaves <b>woman center</b></p> <p><b>Raleigh Rescue Mission</b> 919-828-9014 Emergency shelter</p> <p><b>Wake Interfaith Hospitality Network</b> 919-832-6024 903 Method Rd Housing for couples with or without children or single mothers. Call first Intake is Mon-Thurs 7 am to 6pm</p> <p><b>Wrenn House</b> 919-832-7866 / 919—833-3312 908 W. Morgan St shelter for young people (age 10-17). Call ahead to complete screening process</p> <p><b>Interact</b> 919-828-7740 Women &amp; children. Must call first to complete screening process.</p> <p><b>Love Wins Ministries</b> 919-835-2777 824 N. Bloodworth St., Raleigh Day shelter, open Monday –Thursday, 9-5 and by appointment on Friday</p>	<p><b>Salvation Army Woman and Children center</b> 919-834-6733 1863 Capital Blvd., Raleigh, NC 27604 Women and children, and those escaping domestic violence. No boys over 10 yrs old.</p> <p><b>A Carving Place</b> 919-462-1800 Transitional housing for working families with children. Must be employed and working full-time, and homeless or at risk of becoming homeless. Must call to complete intake form.</p> <p><b>PLM Families Together</b> 919-212-8607 908-101 Plainview Dr. Provides short term housing and re-housing support. For families that are residents of Wake County.</p> <p><b>Passage Home</b> 919-834-0666 Must call Mondays between 10 am and 11 am to receive an appointment.</p> <p><b>AME Incentive Program</b> 919-834-3734 412 Capital Blvd., Raleigh Housing for single men. It is a shared living space and capacity is 40. Some meals provided, \$60 per week. Must have referral.</p> <p><b>Helen Wright Center for Women</b> 919-833-1748 For woman only. Must call or visit to put name on waiting list. Each guest contracts initial stay of 2 months.</p> <p><b>Lutheran Services Carolinas</b> 919-832-2620 4020 Wake Forest Rd. Suite 301 Raleigh Transitional housing for adults with severe and persistent mental illness.</p> <p><b>Oxford House</b> 800-689-6411 Various houses in the area are available for both men and women recovering from alcohol and/or drug addiction. Must apply directly to the house of interest, average \$90-125 weekly fee.</p> <p><b>Florence Crittenton Services of NC</b> 704-372-4663 The program provides 24-hour residential care and supervision to adolescent mothers and their infants who are in foster care and need placement together.</p>	<p><b>Brooks Avenue Church of Christ</b> 919-821-2400 700 Brooks Avenue, Raleigh Second and fourth Saturday of every month. 9:00am– Noon. No referral required. Must have ID</p> <p><b>Catholic Parish Outreach</b> 919-873-0245 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.</p> <p><b>Garner Area Ministries</b> 919-772-9100 885 Hwy 70 West, Garner Garner residents only. Mon, Wed, Thurs &amp; Fri 9:00am—Noon Food and financial assistance also available.</p> <p><b>Helping Hand Mission</b> 919-829-8048 623 Rock Quarry Rd. Raleigh, NC. Must call for appointment</p> <p><b>Salvation Army</b> 919-779-8867 205 Tryon Rd., Raleigh Must call on Monday at 8 to schedule an apt for Friday. Must have id for person receiving clothing, SSN for each family member</p> <p><b>With Love from Jesus</b> 919-233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am—12pm No Referral Required.</p> <p><b>First Baptist Church</b> 919-832-4485 99 N. Salisbury St., Raleigh Wed 10-11:30 am, Thurs 1-2:30 pm Free Clothing , Must have ID</p> <p><b>Dorcas Ministry</b> 919-469-9861 Open Mon– Fri 9am-3:00pm &amp; by apt. <b>Cary and Morrisville residents only</b></p> <p><b>Reaping the Harvest Christian Church</b> <b>Clothes4Christ Ministry</b> 919-924-2744 331 Tryon Rd, Raleigh NC 27603 By Apt only Tue &amp; Fri 10:30-1:30</p>	<p><b>Burning Bush Ministries, Inc.</b> 919-662-4004 503 Hwy. 70 East C., Garner Tues./Thurs. 11-4 No referral required. Call for an appointment.</p> <p><b>Catholic Parish Outreach</b> 919-873-0245 2013 N. Raleigh Blvd, Raleigh Mon - Sat 10:00am – 1:00pm. Referral &amp; IDs required every visit</p> <p><b>Dorcas Ministry</b> 919-469-9861 187 High House Rd., Cary Mon - Fri 9:00am – 3:00pm &amp; by apt. Cary &amp; Morrisville residents only</p> <p><b>Garner Area Ministries</b> 919-772-9100 885 and 889 Hwy. 70, Garner Mon-Fri 9:00am-12:00pm Garner residents only</p> <p><b>North Raleigh Ministries</b> 919-844-6676 9650 Strickland Rd. Raleigh Mon—Thur 10am-12:30pm; Thur 2-3pm No referral required. Need photo id, ss cards, &amp; utility bill. For residents living in the following zip codes: 27604, 27609, 27612, 27613, 27614, 27615, and 27616.</p> <p><b>Oak City Outreach Center</b> 919-812-5546 215 1/2 S. Person St., Raleigh Weekend meals, 9am-6pm</p> <p><b>Salvation Army</b> 919-834-6733 1863 Capital Blvd., Raleigh Tues/Thurs at 12:30, 1st 20 people only. ID for all family members required. No referral required. Call for appointment.</p> <p><b>Shepherd's Table Soup Kitchen</b> 919-831-2010 121 Hillsborough St., Raleigh Mon-Fri 11:00AM – Noon Provides free hot meals. No referral required.</p> <p><b>The Point Food Pantries</b> 919-467-9159 1503 Walnut St., Cary &amp; 1402 E. Williams St., Apex Every Saturday 11:00AM—Noon No referral required, must live in Wake Co.</p> <p><b>Urban Ministries Food Pantry</b> 919-836-1642 1390 Capital Blvd. Raleigh Mon-Fri 9am – 1pm ID for all members of household required. Must be a Wake county resident.</p> <p><b>With Love from Jesus</b> 919-233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am—11:30am No Referral Required</p> <p><b>Western Wake Crisis Ministry</b> 919-362-0657 103 1/2 E Chatham St., Apex Mon, Tue, Wed, Thu 11am– 2pm 2nd &amp; 4th Thur. evenings 6:30pm —8pm Services for residents of Friendship, Holly Springs, New Hill, and Apex. Please bring proof of current address. No referral req'd.</p>
<b>Household Goods/Furniture</b>			
<p><b>With Love from Jesus</b> 919-233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am —11:30am No Referral Required</p> <p><b>Helping Hand Mission</b> 919-829-8048 623 Rock Quarry Rd. Raleigh, NC. Mon – Fri 10:00am – 7:00pm</p>	<p><b>Dorcas Thrift Shop</b> 919-469-9861 187 High House Rd., Cary</p> <p><b>The North Raleigh Ministries</b> 919-417-1471 9650 Strickland Road, Suite 161</p> <p><b>Sightly (not slightly) Worn Thrift Shop</b> 919-256-4220 2701 Noblin Rd. Suite 2705, Raleigh</p>	<p><b>Goodwill Industries</b> 919-834-0504 321 W. Hargett St., Raleigh</p> <p>919-782-2435 4801 Grove Barton Rd., Raleigh</p> <p>919-861-8992 4401 New Hope Rd., Raleigh</p>	<p><b>Wake Relief</b> 919-833-6400 ext. 3 616 Tucker St. Raleigh Mon/Tue 1-3pm, Wed/Fri 10-noon 4th Sat 10-noon, Referral Required. Must have id for all family members and last 5 digits of SSN</p>
<b>Thrift Stores</b>			
<p><b>Bargain Box</b> 919-833-7587 401 Woodburn Rd., Raleigh</p> <p><b>Interact's Pass it on Too</b> 919-865-1601 1012 Oberlin Rd., Raleigh</p> <p><b>Salvation Army</b> 919-779-8867 205 Tryon Rd, Raleigh</p>	<p><b>Dorcas Thrift Shop</b> 919-469-9861 187 High House Rd., Cary</p> <p><b>The North Raleigh Ministries</b> 919-417-1471 9650 Strickland Road, Suite 161</p> <p><b>Sightly (not slightly) Worn Thrift Shop</b> 919-256-4220 2701 Noblin Rd. Suite 2705, Raleigh</p>	<p><b>Goodwill Industries</b> 919-834-0504 321 W. Hargett St., Raleigh</p> <p>919-782-2435 4801 Grove Barton Rd., Raleigh</p> <p>919-861-8992 4401 New Hope Rd., Raleigh</p>	<p><b>Wake Relief</b> 919-833-6400 ext. 3 616 Tucker St. Raleigh Mon/Tue 1-3pm, Wed/Fri 10-noon 4th Sat 10-noon, Referral Required. Must have id for all family members and last 5 digits of SSN</p>