

RESOURCE GUIDE (SEPTEMBER 2019)

Compiled by  Catholic Parish Outreach
A Program of Catholic Charities
Providing Help - Creating Hope - Serving All

General Assistance	Mental Health/Substance Abuse	Health Assistance	Financial Assistance
<p>Wake County Human Services 919-212-7000 220 Swinburne St, Raleigh, NC Child welfare/health/disability/mental health/substance abuse/veteran/ homeless/winter emergency assistance/ employment services.</p> <p>United Way 211 2-1-1 or 1-800-831-1754 24-hour human service information and referrals.</p> <p>Dept. of Health and Human Services 1-800-662-7030 8am-5pm, Monday-Friday Information and referral hotline.</p> <p>Oak City Cares 984-344-9599 1430 South Wilmington St, Raleigh, NC Wake Co. homelessness multi-services center offering a wide range of services Open 9-5 M-F and 9-6 on weekends.</p>	<p>Catholic Charities 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>Cornerstone Center 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>Triangle Family Services 919-821-0790 3937 Western Blvd. Family, marital, and individual therapy by licensed clinicians. BY APPOINTMENT ONLY</p> <p>The Healing Place 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>Fellowship Health Resources, Inc. 919-573-6520 4112 Blue Ridge Rd</p> <p>South Light 919-787-6131 Programs and services for youth and adults with addiction.</p> <p>New Leaf Behavioral Health 919-781-8370 3725 National Drive, Suite 120</p> <p>Monarch 919-856-4703 401 E. Whitaker Mill Rd. Mental Health related services</p> <p>UNC STEP Community Clinic 919-445-0350 3010 Falstaff Rd. Treatment of Schizophrenia & Psychotic illnesses</p>	<p>Open Door Clinic 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>Advance Community Health 919-833-3111 Several locations. Call for directions. Offers affordable healthcare and pediatric services to uninsured Only Wake County residents</p> <p>Alliance Medical Ministry 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>WCHS Medical Eye Care Program 919-250-4621</p> <p>Public Health Center Services 919-212-7000 (adults) 919-250-4570 (pediatrics) Primary care for children and adults. Sliding scale fee for the uninsured</p> <p>Wake Tech Dental Hygiene 919-747-0126 some fees apply</p> <p>Mariam Clinic 919-824-4672</p> <p>Wake County Dental Clinic 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>UNC Dental School 919-537-3737</p>	<p>First Presbyterian Church 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>North Raleigh Ministries 919-844-6676 9650 Strickland Rd. Raleigh By appointment only. Call 919-844-6676 x 158 for apt on Mon 9:30 & Wed 12:30 pm. 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>Assurance Wireless 1-888-321-5880 Free cell phones for low-income clients</p> <p>ChurchNet 919-569-0020 Wake Forest, Youngsville, & Rolesville residents only.</p> <p>Dorcas Ministry 919-469-9861 187 High House Rd., Cary Mon - Fri 9:00am - 3:00pm & by apt. Cary & Morrisville residents only Apex residents need referral form</p> <p>Western Wake Crisis Ministry 919-362-0657 Mon.—Thur. 11am—2pm 1600 Olive Chapel Suite 408 Apex NC 27502 Provides emergency financial aid for residents of Apex, Friendship, New Hill, & Holly Springs ONLY</p> <p>Garner Area Ministry 919-772-9100 rent, water and prescription medication Garner residents only</p>
Crisis Hotlines		Other Resources	
<p>Alcoholics Anonymous 919-783-6144 24-hr alcohol abuse hotline. Provides info on local AA meetings</p> <p>Al-Anon 919-713-1516 For family members of those dealing with alcoholism</p> <p>Birthchoice 919-781-5433 Pregnancy help</p> <p>Carolina Poison Control Center 1-800-222-1222 24-hr poison help line</p> <p>Child Abuse Hotline 1-800-4ACHILD</p> <p>Drug Helpline (U.S. DHHS) 1-800-662-HELP 24-hr treatment referral and information about mental and/or substance use disorders, prevention and recovery.</p> <p>Holly Hill RESPOND 919-250-7000 or 1-800-447-1800 24-hour mental health and substance abuse evaluations</p> <p>HopeLine 919-231-4525 24-hour local crisis and suicide prevention hotline.</p> <p>Interact Domestic Violence Hotline 919-828-7740 24-hour hotline for survivors and victims of domestic violence</p> <p>Interact Sexual Assault Hotline 919-828-3005 24-hour hotline for survivors and victims of sexual assault</p> <p>Lifeline 1-800-273-TALK (8255) National suicide prevention hotline</p> <p>Teen Talkline 919-231-3626 3820 Merton Dr., Ste. 219, Raleigh</p>	Transportation Assistance	<p>Centro Para Familias Hispanas (Hispanic Family Center) 919-873-0094 2013 Raleigh Blvd., Raleigh Resources /referrals/classes, workshops/ counseling. Call for apt.</p> <p>NC Works Career Center 919-250-3770 220 Swinburne St., Raleigh</p> <p>Resources for Seniors 919-872-7933 In-Home Services.</p> <p>The Women's Center 919-829-3711 112 Cox Ave. Raleigh Addresses issues of poverty/homelessness among women</p> <p>Capital Area NCWorks Career Center 919-715-0111 Food stamp recipients only</p> <p>Child Care Service Association 919-403-6950 Child care referrals</p>	Diapers
	<p>Capital Area Transit 919- 485-7433 Call for bus schedules.</p> <p>Triangle Transit Authority 919-549-9999</p> <p>Wake Coordinated Transportation Services— TRACS 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>Accessible Raleigh Transportation 919-996-3459 For persons with disabilities</p>		<p>Hillyer Memorial Christian Church 919-832-7112 helps with light bills (that have disconnection notice) up to \$100. Call Fridays at 9am for an appointment on that following Monday.</p> <p>The Diaper Train (919) 833-6400 x222 The Diaper Train provides diapers for those in need. The agency requires referrals, but instructions are provided when you call to have a referral written.</p>

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Shelters	Transitional Housing	Clothing Assistance	Food Assistance
<p><u>Centralized Intake for Homeless Women & Children</u> 919-861-1195 Call to be directed to services that provide housing for women and children.</p> <p><u>South Wilmington Street Center</u> 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><u>The Healing Place</u> 919-838-9800 1251 Goode St. (Men) , 3304 Glen Royal Road (Women) Emergency shelters for men and women. Must call ahead to be considered for the night. There are different procedures for men and women.</p> <p><u>Raleigh Rescue Mission</u> 919-828-9014 Through coordinator entry.</p> <p><u>Family Promise of Wake Co.</u> 919-832-6024 903 Method Rd Housing for couples with or without children or single mothers. Call first— Intake is M-Th 7am to 6pm</p> <p><u>Wrenn House</u> 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><u>Interact</u> 919-828-7740 Women & children. Must call first to complete screening process.</p> <p><u>Love Wins Ministries</u> (919) 834-2611 622 Maywood Ave, Raleigh, NC 27603 Day shelter, open Monday –Thursday, 9-1 and by appointment on Friday</p> <p><u>Salvation Army Woman and Children center</u> 919-834-6733 1863 Capital Blvd, Raleigh, NC 27604</p>	<p><u>The Caring Place</u> 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><u>PLM Families Together</u> 919-212-1123 908-101 Plainview Dr. Provides short term housing and rehousing support. For families that are residents of Wake County.</p> <p><u>Passage Home</u> 919-834-0666 Must call Mondays between 10 am and 11 am to receive an appointment.</p> <p><u>AME Incentive Program</u> 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><u>Helen Wright Center for Women</u> 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><u>Lutheran Services Carolinas</u> 919-832-2620 4020 Wake Forest Rd. Suite 301 Raleigh Transitional housing for adults with severe and persistent mental illness.</p> <p><u>Oxford House</u> 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><u>Wake County Housing Referral Line</u> —Managed by Triangle Family Services 919-861-1195 Monday– Friday</p>	<p><u>Brooks Avenue Church of Christ</u> 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><u>Garner Area Ministries</u> 919-772-9100 885 Hwy 70 West, Garner Garner residents only. Mon, Wed, Thurs & Fri 9:00am—Noon Food and financial assistance also available.</p> <p><u>Salvation Army</u> 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><u>First Baptist Church</u> 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><u>Reaping the Harvest Christian Church</u> Clothes4Christ Ministry 919-924-2744 331 Tryon Rd, Raleigh NC 27603 By Apt only Tue & Fri 10:30-1:30</p> <p><u>With Love from Jesus</u> 919-233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am—11:30am No Referral Required</p> <p><u>Dorcas Ministry</u> 919-469-9861 187 High House Rd., Cary Mon - Fri 9:00am – 3:00pm & by apt. Cary & Morrisville residents only</p>	<p><u>Catholic Parish Outreach</u> 919-873-0245 2013 Raleigh Blvd, Raleigh Mon - Sat 10:00am – 1:00pm. Referral required every visit/ID first visit</p> <p><u>Durham Community Food Pantry</u> 919-286-1964 2020 Chapel Hill Rd. Suite 30, Durham No referral required food pantry serving Durham/Orange Co.. Open W 10-1:00PM</p> <p><u>Salvation Army</u> 919-834-6733 1863 Capital Blvd., Raleigh T/Thu at 12:30, 1st 20 people only. ID for all family members required. No referral required. Call for appointment.</p> <p><u>Urban Ministries Food Pantry</u> 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><u>Dorcas Ministry</u> 919-469-9861 187 High House Rd., Cary Mon - Fri 9:00am – 3:00pm & by apt. Cary & Morrisville residents only</p> <p><u>North Raleigh Ministries</u> 919-844-6676 9650 Strickland Rd. Raleigh Mon—Tue 10am-2pm; Wed 4-7:30 pm, Thurs 10:30am-2pm No referral required. Either a govt. issued photo ID with address in service area or govt. issued photo id and utility bill/lease with address in service area For residents living in the following zip codes: 27604, 27609, 27612, 27613, 27614, 27615, and 27616.</p> <p><u>Shepherd's Table Soup Kitchen</u> 919-831-2010 121 Hillsborough St., Raleigh Mon-Fri 11 – Noon. Provides free hot meals. No referral required.</p> <p><u>The Point Food Pantries</u> 919-467-9159 1503 Walnut St., Cary & 1402 E. Williams St., Apex & 3700 Lake Wheeler Rd., Raleigh Every Saturday 11:00AM—Noon No referral required, must live in Wake Co.</p> <p><u>With Love from Jesus</u> 919-233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10—11:30am No Referral Required</p> <p><u>Western Wake Crisis Ministry</u> 919-362-0657 1600 Olive Chapel Rd suite 408 Apex Mon - Thu 11am– 2pm 2nd & 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> <p><u>Wake Relief</u> 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> <p><u>Alliance of AIDS Services—Carolina</u> 919-834-2437 1637 Old Louisburg Rd. Raleigh Mon 3-7pm, Tue & Wed. 12:30-4pm</p> <p><u>Oak City Cares</u> (984) 344-9599 1430 S Wilmington St, Raleigh, NC 27603 Meals served Saturday and Sunday 9 am—6 pm</p>
Household Goods/Furniture			
<p><u>With Love from Jesus</u> 919-233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am —11:30am No Referral Required</p> <p><u>Helping Hand Mission</u> 919-829-8048 623 Rock Quarry Rd. Raleigh, NC. Mon – Fri 10:00am – 7:00pm</p>	Thrift Stores		
<p><u>Salvation Army</u> 919-779-8867 205 Tryon Rd, Raleigh</p> <p><u>Sightly Worn Thrift Shop</u> 919-256-4220 2701 Noblin Rd. Suite 2705, Raleigh</p> <p><u>Dorcas Thrift Shop</u> 919-469-9861</p>	<p><u>Raleigh Rescue Mission</u> 919-8787117 4700 Capital Blvd Raleigh, NC 27604</p> <p><u>Interact's Pass it on Too</u> 919-865-1601 1012 Oberlin Rd., Raleigh</p>	<p><u>Goodwill Industries</u> 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>	