

RESOURCE GUIDE (JUNE 2016)

General Assistance	Mental Health/Substance Abuse	Health Assistance	Financial Assistance
<p>Wake County Human Services 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>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 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>Wake Crisis and Assessment Services 919-250-1260 107 SunnyBrook Rd. Evaluation for mental health & substance abuse issues.</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>Wake County Human Services 919-250-1500 Alcoholism Treatment Center</p> <p>Triangle Down Syndrome Network 919-803-0515 Support, educate and connect families of children with Down syndrome</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>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>Wake Health Services, Inc. 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 919-537-3956 (children under 4) 919-537-3737 (children 4 to 14)</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>Wake County Human Services, Service Intake 919-212-7000 Residents of Wake County</p> <p>North Raleigh Ministries 919-844-6676 9650 Strickland Rd. Raleigh By appointment only. Call for appointment on Mon & 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>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 919-569-0020 Wake Forest, Youngsville, & Rolesville residents only.</p> <p>Dorcas Ministry 919-469-9861 187 High House Rd., Cary Mon - Fri 10:00am - 12:30pm Cary & Morrisville residents only Apex residents need referral form</p> <p>Western Wake Crisis Ministry 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>Triangle Family Services 919-821-0790 rent 3937 Western Blvd., Raleigh</p> <p>The Women's Center 919-829-3711 rent & water 112 Cox Ave., Raleigh</p> <p>Garner Area Ministry 919-772-9100 rent, water and prescription medication Garner residents only</p> <p>Southern Wake Faith Comm 919-567-8100 rent & water Fuquay and Willow Springs Residents only</p>
Crisis Hotlines		Transportation Assistance	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>	<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>Centro Para Familias Hispanas (Hispanic Family Center) 919-873-0094 2013 N. Raleigh Blvd., Raleigh Provides information, resources and referrals, classes, workshops, and counseling. Call for appointment.</p> <p>JobLink Career Center 919-250-3770 220 Swinburne St., Raleigh Resources for Seniors 919-872-7933 In-Home Services.</p> <p>The Women's Center 919-829-3711 112 Cox Ave. Raleigh Resource center that addresses issues of poverty and 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>	<p>Resource list compiled by Catholic Charities</p> 

* Call ahead to find out if there are any changes . Check www.cporaleigh.org/publications.html for most recent version

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Shelters	Transitional Housing	Clothing Assistance	Food Assistance
<p>Centralized Intake for Homeless Women & Children 919-861-1195 Call to be directed to services that provide housing for women and children.</p> <p>South Wilmington Street Center 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>The Healing Place (men) 919-838-9800 1251 Goode St Emergency Shelter for men only, chosen on night by night basis</p> <p>The Healing Place (women) 919-838-9800 3304 Glen Royal Rd Must be at women's center by 3pm to be entered in lottery for the night. Chosen are taken to shelter by can that leaves woman center</p> <p>Raleigh Rescue Mission 919-828-9014 Emergency shelter</p> <p>Wake Interfaith Hospitality Network 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>Wrenn House 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>Interact 919-828-7740 Women & children. Must call first to complete screening process.</p> <p>Love Wins Ministries 919-835-2777 824 N. Bloodworth St., Raleigh Day shelter, open Monday –Thursday, 9-5 and by appointment on Friday</p>	<p>Salvation Army Woman and Children center 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>A Caring Place 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>PLM Families Together 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>Passage Home 919-834-0666 Must call Mondays between 10 am and 11 am to receive an appointment.</p> <p>AME Incentive Program 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>Helen Wright Center for Women 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>Lutheran Family Services 919-832-2620 616 Hutton Str, Raleigh, NC Transitional housing for adults with severe and persistent mental illness.</p> <p>Oxford House 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>Florence Crittenton Services of NC 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>Brooks Avenue Church of Christ 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>Catholic Parish Outreach 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>Garner Area Ministries 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>Helping Hand Mission 919-829-8048 623 Rock Quarry Rd. Raleigh, NC. Must call for appointment</p> <p>Salvation Army 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>With Love from Jesus 919-233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am—12pm No Referral Required.</p> <p>First Baptist Church 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>Dorcas Ministry 919-469-9861 Open Mon– Fri 10am-12:30pm Cary and Morrisville residents only</p> <p>Reaping the Harvest Christian Church Clothes4Christ Ministry 919-924-2744 331 Tryon Rd, Raleigh NC 27603 By Apt only Tue & Fri 10:30-1:30</p>	<p>Burning Bush Ministries, Inc. 919-662-4004 503 Hwy. 70 East C., Garner Tues./Thurs. 11-4 No referral required. Call for an appointment.</p> <p>Catholic Parish Outreach 919-873-0245 2013 N. Raleigh Blvd, Raleigh Mon - Sat 10:00am – 1:00pm. Referral & IDs required every visit</p> <p>Dorcas Ministry 919-469-9861 187 High House Rd., Cary Mon - Fri 10:00am – 12:30pm Cary & Morrisville residents only</p> <p>Garner Area Ministries 919-772-9100 885 and 889 Hwy. 70, Garner Mon-Fri 9:00am-12:00pm Garner residents only</p> <p>North Raleigh Ministries 919-844-6676 9650 Strickland 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.</p> <p>Oak City Outreach Center 919-812-5546 215 1/2 S. Person St., Raleigh Weekend meals, 9am-6pm</p> <p>Salvation Army 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>Shepherd's Table Soup Kitchen 919-831-2010 121 Hillsborough St., Raleigh Mon-Fri 11:00AM – Noon Provides free hot meals. No referral required.</p> <p>The Point Food Pantries 919-467-9159 1503 Walnut St., Cary & 1402 E. Williams St., Apex Every Saturday 11:00AM—Noon No referral required, must live in Wake Co.</p> <p>Urban Ministries Food Pantry 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>With Love from Jesus 919-233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am—12pm No Referral Required</p> <p>Western Wake Crisis Ministry 919-362-0657 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.</p>
Household Goods/Furniture			
<p>With Love from Jesus 919-233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am —11:30am No Referral Required</p> <p>Helping Hand Mission 919-829-8048 623 Rock Quarry Rd. Raleigh, NC. Mon – Fri 10:00am – 7:00pm</p>	<p>Dorcas Thrift Shop 919-469-9861 187 High House Rd., Cary</p> <p>The North Raleigh Ministries 919-417-1471 9650 Strickland Road, Suite 161</p> <p>Sightly (not slightly) Worn Thrift Shop 919-256-4220 2701 Noblin Rd. Suite 2705, Raleigh</p>	<p>Goodwill Industries 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>Wake Relief 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>
Thrift Stores			
<p>Bargain Box 919-833-7587 401 Woodburn Rd., Raleigh</p> <p>Interact's Pass it on Too 919-865-1601 1012 Oberlin Rd., Raleigh</p> <p>Salvation Army 919-779-8867 205 Tryon Rd, Raleigh</p>	<p>Dorcas Thrift Shop 919-469-9861 187 High House Rd., Cary</p> <p>The North Raleigh Ministries 919-417-1471 9650 Strickland Road, Suite 161</p> <p>Sightly (not slightly) Worn Thrift Shop 919-256-4220 2701 Noblin Rd. Suite 2705, Raleigh</p>	<p>Goodwill Industries 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>Wake Relief 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>