

**RESOURCE GUIDE (DECEMBER 2022)**

General Assistance	Mental Health/Substance Abuse	Health Assistance	Financial Assistance
<p><b>Wake County Human Services</b> <b>919-212-7000</b> 220 Swinburne St, Raleigh Child welfare/health/disability/mental health/ substance abuse/veteran/ homeless/winter emergency assistance/employment services.</p> <p><b>United Way 211</b> <b>2-1-1 or 1-800-831-1754</b> 24-hour human service information and referrals.</p> <p><b>Dept. of Health and Human Services</b> <b>1-800-662-7030</b> 8am-5pm, Monday-Friday Information and referral hotline.</p> <p><b>Oak City Cares</b> <b>984-344-9599</b> 1430 South Wilmington St, Raleigh Wake Co. homelessness multi-services center offering a wide range of services. Open 9-5 M-F and 9-6 on weekends.</p>	<p><b>Catholic Charities</b> <b>919-790-8533 (x29 for Spanish)</b> 3000 Highwoods Blvd. Raleigh Individual, family, marital, and group counseling for mental health needs. Fees based on a sliding scale.</p> <p><b>Triangle Family Services</b> <b>919-821-0790</b> 3937 Western Blvd. Raleigh Family, marital, and individual therapy by licensed clinicians. By appointment only.</p> <p><b>The Healing Transitions</b> <b>919-838-9800</b> Men, 1251 Groode St. Raleigh. No shelter. Provides non-medical detox &amp; long term treatment. Women, 3304 Glen Royal Rd. Raleigh. Provides non-medical detox, emergency shelter &amp; long term treatment program. Serve all homeless &amp; uninsured. Call to be screened to be approved for entry.</p> <p><b>Fellowship Health Resources, Inc.</b> <b>919-573-6520</b> 5509 Creedmoor Rd Raleigh / 222 E. Chatham, Cary/ Drop in Center 401 E Whitaker Mill Rd, Raleigh</p>	<p><b>Open Door Clinic</b> <b>919-832-0820</b> 1390 Capital Blvd. Raleigh Medical care and prescriptions for individuals without insurance and don't qualify for Medicaid. 18+ cannot be pregnant.</p> <p><b>Advance Community Health</b> <b>919-833-3111</b> Several locations. Call for directions. Offers affordable healthcare and pediatric services to uninsured. For Wake County residents.</p> <p><b>Alliance Medical Ministry</b> <b>919-250-3320</b> 101 Donald Ross Dr Raleigh Offers affordable medical care and health educa- tion. Must be employed. Bring at least 2 pay stubs.</p> <p><b>WCHS Medical Eye Care Program</b> <b>919-250-4621</b></p> <p><b>Public Health Center Services</b> <b>919-212-7000 (adults)</b> <b>919-250-4570 (pediatrics)</b> Primary care for children and adults. Sliding scale fee for the uninsured.</p> <p><b>Wake Tech Dental Hygiene</b> <b>919-747-0126</b> Some fees apply</p> <p><b>Mariam Clinic</b> <b>919-824-4672</b> 1021 Arrington Dr. Cary Medical Services (Sundays Only)</p> <p><b>Wake County Dental Clinic</b> <b>919-250-4610</b> Dental Care for kids 1-20 and woman who are pregnant, based on family income. Medi- caid and NC Health accepted.</p> <p><b>UNC Dental School</b> <b>919-537-3737</b></p>	<p><b>First Presbyterian Church</b> <b>919-833-4070</b> 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>Assurance Wireless</b> <b>1-888-321-5880</b> Free cell phones for low-income clients</p> <p><b>ChurchNet</b> <b>919-569-0020</b> Wake Forest, Youngsville, &amp; Rolesville resi- dents only.</p> <p><b>Dorcas Ministry</b> <b>919-469-9861</b> 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> <b>919-362-0657</b> 1600 Olive Chapel Suite 408, Apex. Mon.-Thur. 9am-12noon Provides emergency financial aid for resi- dents of Apex, Friendship, New Hill, &amp; Holly Springs ONLY</p> <p><b>Garner Area Ministry</b> <b>919-772-9100</b> Rent, water and prescription medication Garner residents only zip code 27529</p> <p><b>Hillyer Memorial Christian Church</b> <b>919-832-7112</b> Helps with light bills (that have disconnection notice) up to \$100. Call Fridays at 9am for an appointment on that following Monday. (electric, gas, water)</p>
<b>Crisis Hotlines</b>			
<p><b>Alcoholics Anonymous</b> <b>919-783-6144</b> 24-hr alcohol abuse hotline. Provides info on local AA meetings</p> <p><b>Al-Anon</b> <b>919-713-1516</b> For family members of those dealing with alcoholism</p> <p><b>Birthchoice</b> <b>919-781-5433</b> Pregnancy help</p> <p><b>Carolina Poison Control Center</b> <b>1-800-222-1222</b> 24-hr poison help line</p> <p><b>Child Abuse Hotline</b> <b>1-800-4ACHILD</b></p> <p><b>Drug Helpline (U.S. DHHS)</b> <b>1-800-662-HELP</b> 24-hr treatment referral and information about mental and/or substance use disorders, pre- vention and recovery.</p> <p><b>Holly Hill RESPOND</b> <b>919-250-7000 or 1-800-447-1800</b> 24-hour mental health and substance abuse evaluations.</p> <p><b>HopeLine</b> <b>919-231-4525</b> 24-hour local crisis and suicide prevention hotline.</p> <p><b>Interact Domestic Violence Hotline</b> <b>919-828-7740</b> 24-hour hotline for survivors and victims of domestic violence.</p> <p><b>Interact Sexual Assault Hotline</b> <b>919-828-3005</b> 24-hour hotline for survivors and victims of sexual assault</p> <p><b>Lifeline</b> <b>1-800-273-TALK (8255)</b> National suicide prevention hotline</p> <p><b>Teen Talkline</b> <b>919-231-3626</b> 3820 Merton Dr. Ste. 219, Raleigh</p>	<p><b>South Light</b> <b>919-787-6131</b> Programs and services for youth and adults with addiction.</p> <p><b>New Leaf Behavioral Health</b> <b>919-781-8370</b> 3725 National Drive, Suite 120 Raleigh</p> <p><b>Monarch</b> <b>919-856-4703</b> 401 E. Whitaker Mill Rd. Raleigh Mental Health related services</p> <p><b>UNC STEP Community Clinic</b> <b>919-445-0350</b> 3010 Falstaff Rd. Raleigh Treatment of schizophrenia &amp; psychotic illnesses</p>	<p align="center"><b>Other Resources</b></p> <p><b>Centro Para Familias Hispanas (Hispanic Family Center)</b> <b>919-873-0094</b> 2013 Raleigh Blvd. Raleigh Resources /referrals/classes, workshops/ counseling. Call for appointment.</p> <p><b>NC Works Career Center</b> <b>919-250-3770</b> 220 Swinburne St. Raleigh</p> <p><b>Resources for Seniors</b> <b>919-872-7933</b> In-Home Services.</p> <p><b>The Women's Center</b> <b>919-829-3711</b> 400 Southwest St. Raleigh Addresses issues of poverty/homelessness medical/healthcare, clothing, hygiene, trans- portation, job/housing assistance among women</p> <p><b>Capital Area NCWorks Career Center</b> <b>919-715-0111</b></p> <p><b>Child Care Service Association</b> <b>919-403-6950</b> Child care referrals</p>	
<b>Transportation Assistance</b>			
	<p><b>Capital Area Transit</b> <b>919- 485-7433</b> Call for bus schedules.</p> <p><b>Triangle Transit Authority</b> <b>919-549-9999</b></p> <p><b>Wake Coordinated Transportation Services TRACS</b> <b>919-212-7005</b> 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> <b>919-996-3459</b> For persons with disabilities</p>		<b>Diapers</b>
			<p><b>The Diaper Train</b> <b>919 833-6400 x222</b> 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>

**RESOURCE GUIDE (DECEMBER 2022)**

Shelters	Transitional Housing	Clothing Assistance	Food Assistance
<p><b><u>ACCESS HUB</u></b> <b><u>New Hotline for Housing Assistance for Homeless</u></b> <b>919-443-0096 or</b> email HW_AH@partnershipwake.org. or visit website at partnershipwake.org/access-hub/</p> <p>A referral helpline to connect you to the help you need. Emergency Shelter, Street Outreach, Financial assistance programs to prevent homelessness. M-F 8am-5pm</p> <hr/> <p><b><u>Triangle Family Services</u></b> <b>919-821-0790</b> Shelter &amp; housing services for families. Must go through Coordinated Entry System 919-443-0096 M-F 8am-5pm.</p> <p><b><u>South Wilmington Street Center</u></b> <b>919-857-9428</b> 1420 S. Wilmington St. Raleigh Emergency shelter for men 24/7. Wake County Residents. Only. Provides long term and short term housing</p> <p><b><u>The Healing Transitions</u></b> <b>919-838-9800</b> (Men) 1251 Goode St. Raleigh (Women) 3304 Glen Royal Rd. Raleigh Emergency shelters. Must call ahead to be considered for the night. There are different procedures for men and women.</p> <p><b><u>Raleigh Rescue Mission</u></b> <b>919-828-9014</b> Coordinator Entry System 919-443-0096 to receive shelter services. Help for men, women and women with children.</p> <p><b><u>Family Promise of Wake Co.</u></b> <b>919-832-6024</b> 903 Method Rd. Raleigh Housing for couples with or without children or single mothers. Call first. Intake is M-Th 7am to 6pm</p> <p><b><u>Wrenn House</u></b> <b>919-832-7866 / 919-833-3312</b> 908 W. Morgan St. Raleigh Shelter for young people (age 10-17). Legal guardian must start screening process. Call ahead to complete screening process. Open 24 hrs/365 days per year.</p> <p><b><u>Interact</u></b> <b>919-828-7740</b> Domestic violence shelter for emergency situations. Crisis counseling services for domestic violence and sexual assault. Rape Kit services. Call first to complete screening process.</p> <p><b><u>Salvation Army Women &amp; Children</u></b> <b>919-834-6733</b> 1863 Capital Blvd., Raleigh Coordinated Entry System 919-443-0096. Open M-F 8am-5pm. Families with children. Women and children, and those escaping domestic violence. No boys over 10 yrs old.</p> <p><b><u>Oak City Cares (Day Shelter)</u></b> <b>919-344-9599</b> 1430 S. Wilmington St, Raleigh Open 9am-5pm. Showers, Free washers &amp; dryers, Computer access, Landline telephones, Cellphone charging stations, Weekend meals</p>	<p><b><u>The Carving Place</u></b> <b>919-462-1800</b> Transitional housing for working families with children 18 years and under. Must be employed and working full-time and homeless or at risk of becoming homeless. Must call to complete intake form.</p> <p><b><u>PLM Families Together</u></b> <b>919-212-1123</b> 908-101 Plainview Dr. Raleigh Provides short term housing and rehousing support. For families that are residents of Wake County. Homeless and seeking assistance 919-443-0096. Received eviction notice and seeking assistance 919-899-9911</p> <p><b><u>Passage Home</u></b> <b>919-834-0666</b> Must call Mondays between 10am-11am to receive an appointment.</p> <p><b><u>AME Incentive Program</u></b> <b>919-834-3734</b> 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><u>Helen Wright Center for Women</u></b> <b>919-833-1748</b> For woman only. Must call or visit to put name on waiting list. Each guest contracts initial stay of 2 months.</p> <p><b><u>Lutheran Services Carolinas</u></b> <b>919-832-2620</b> 4020 Wake Forest Rd. Ste 301 Raleigh Transitional housing for adults with severe and persistent mental illness.</p> <p><b><u>Oxford House</u></b> <b>800-689-6411</b> 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><u>Wake County Housing Referral Line</u></b> <b><u>Managed by Triangle Family Services</u></b> <b>919-861-1195</b> Monday-Friday</p>	<p><b><u>First Baptist Church</u></b> <b>919-832-4485</b> 99 N. Salisbury St., Raleigh Monday Only 10am-Noon, Free Clothing Must have ID</p> <p><b><u>Reaping the Harvest Christian Church</u></b> <b><u>Clothes4Christ Ministry</u></b> <b>919-924-2744</b> 331 Tryon Rd, Raleigh By Apt only</p> <p><b><u>With Love from Jesus</u></b> <b>919-233-8010</b> 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am-Noon No Referral Required</p> <p><b><u>Dorcas Ministry</u></b> <b>919-469-9861</b> 187 High House Rd., Cary Mon-Fri 9:00am-3:00pm &amp; by apt. Cary &amp; Morrisville Residents Only</p> <hr/> <p align="center"><b>Household Goods/Furniture</b></p> <hr/> <p><b><u>Helping Hand Mission</u></b> <b>919-829-8048</b> 623 Rock Quarry Rd. Raleigh</p>	<p><b><u>Catholic Parish Outreach</u></b> <b>919-873-0245</b> 2013 Raleigh Blvd, Raleigh Mon. Wed. Thurs. &amp; Fri. 9am-Noon No referral needed. ID needed for all household members. Serving Wake, Johnston and Franklin Counties</p> <p><b><u>Durham Community Food Pantry</u></b> <b>919-286-1964</b> 2020 Chapel Hill Rd. Suite 30, Durham No referral required. Serving Durham/ Orange Counties. Open W 10am-1:00pm &amp; 5pm-7pm. Thurs. 10am-1pm</p> <p><b><u>Salvation Army</u></b> <b>919-834-6733</b> 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><b><u>Urban Ministries Food Pantry</u></b> <b>919-836-1642</b> 1390 Capital Blvd. Raleigh Mon-Fri 9am-1pm. ID for all members of household required. Must be a Wake County Resident.</p> <p><b><u>Dorcas Ministry</u></b> <b>919-469-9861</b> 187 High House Rd., Cary Mon-Fri 9:00am-3:00pm &amp; by appt. Cary &amp; Morrisville Residents Only</p> <p><b><u>Shepherd's Table Soup Kitchen</u></b> <b>919-831-2010</b> 121 Hillsborough St., Raleigh Mon-Fri 11-Noon. Provides free hot meals. No referral required.</p> <p><b><u>The Point Food Pantries</u></b> <b>919-467-9159</b> 1503 Walnut St., Cary &amp; 1402 E. Williams St., Apex &amp; 3700 Lake Wheeler Rd., Raleigh Every Saturday 11:00am-Noon No referral required, must live in Wake Co.</p> <p><b><u>With Love from Jesus</u></b> <b>919-233-8010</b> 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am-1:30pm No Referral Required</p> <p><b><u>Western Wake Crisis Ministry</u></b> <b>919-362-0657</b> 1600 Olive Chapel Rd suite 408 Apex Mon-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> <p><b><u>Wake Relief</u></b> <b>919-833-6400 ext. 3</b> 616 Tucker St. Raleigh Mon 1-3pm, Wed 1-3pm, every other Saturday 10am-12pm No referral required</p> <p><b><u>Alliance of AIDS Services Carolina</u></b> <b>919-834-2437</b> 1637 Old Louisburg Rd. Raleigh Tue &amp; Wed. 12:30pm-4pm</p> <p><b><u>Oak City Cares</u></b> <b>919-344-9599</b> 1430 S Wilmington St, Raleigh Meals served Saturday and Sunday 9am-6pm</p>
<b>Thrift Stores</b>			
<p><b><u>Salvation Army</u></b> <b>919-779-8867</b> 205 Tryon Rd. Raleigh</p> <p><b><u>Sightly Worn Thrift Shop</u></b> <b>919-256-4220</b> 2701 Noblin Rd. Ste 2705. Raleigh</p>	<p><b><u>Dorcas Thrift Shop</u></b> <b>919-469-9861</b> 187 High House Rd. Cary</p>	<p><b><u>Goodwill Industries</u></b> <b>919-782-2435</b> 4801 Grove Barton Rd. Raleigh</p> <p><b>919-861-8992</b> 4401 New Hope Rd. Raleigh</p>	