

RESOURCE GUIDE (JANUARY 2013)

General Assistance	Mental Health/Substance Abuse	Health Assistance	Financial Assistance
<p>Wake County Human Services 919-212-7000 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 919-790-8533 3000 Highwoods Blvd Individual, family, marital, and group counseling for mental health needs. Fees based on a sliding scale.</p> <p>Cornerstone PATH programs 919-508-0777 Serves homeless individuals with mental illness and substance abuse issues.</p> <p>SouthLight 919-787-6131 3125 Poplarwood Court, Ste. 203 Programs and services for youth and adults with addictions.</p> <p>Wake Crisis and Assessment Services 919-250-1260 107 Sunnybrook Rd. 24-hour evaluation for mental health & substance abuse issues. For non-emergencies 919-250-3133.</p>	<p>Crisis Intervention Prescriptions 919-834-4707 Financial assistance for written prescriptions once every 3 months for individuals without insurance.</p> <p>Open Door Clinic 919-832-0820 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. 919-833-3111 or 919-231-3180 (Pediatrics) 919-362-5201 (Apex) Several locations. Call for directions. Offers affordable healthcare and pediatric services to uninsured (Medicare Part-B allowed).</p> <p>Alliance Medical Ministry 919-250-3320 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 919-250-4610 or 919-250-4610 (children) 10 Sunnybrook Rd., Raleigh Preventative services and treatment on a sliding scale. Free services for children up to age 5.</p> <p>Senior Prescription Assistance 1-888-488-6279 Information about NCRx, which helps seniors who qualify with prescriptions.</p> <p>Eyecare Screenings 919-856-5974 Call for appointment</p> <p>UNC Chapel Hill Dental School 919-966-2805 some fees apply</p> <p>Wake Tech Dental Hygiene 919-747-0216 some fees apply</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>Salvation Army 919-834-6733 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 919-212-7000 Energy financial assistance only 220 Swinburne St., Raleigh Mon – Fri 8:00am – 5:00pm</p> <p>North Raleigh Ministries 919-844-6676 9650 Strickland Rd. Ste 161 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 align="center">Crisis Hotlines</p>	<p>Triangle Family Services 919-821-0790 3937 Western Blvd. Family, marital, and individual therapy.</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 919-788-3646 Support, educate and connect families of children with Down syndrome</p>	<p>Transportation Assistance</p> <p>Capital Area Transit 919-828-7228 Call 485-7433 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—\$4 Call for more information.</p> <p>Accessible Raleigh Transportation 919-890-3459 For persons with disabilities</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 919-469-1351 187 High House Rd., Cary Mon - Fri 10:00am – 12:30pm Cary & Morrisville residents only</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, Holly Springs, Friendship, & New Hill (Only once per year).</p> <p>Triangle Family Services 919-821-0790 rent 3937 Western Blvd., Raleigh</p> <p>The Women's Center 919-829-3711 rent & water 128 E. Hargett St., Raleigh</p> <p>Garner Area Ministry 919-772-9100 rent & water Garner residents only</p> <p>Southern Wake Faith Comm 919-567-8100 rent & water Fuquay residents only</p> <p>Wendell Council of Churches 919-365-6557 rent & water Wendell residents only</p>
<p>Alcoholics Anonymous 919-783-6144 Information about AA meetings and alcoholism</p> <p>Al-Anon 919-713-1516 For family members of those dealing with alcoholism</p> <p>Birthchoice - Pregnancy Help 919-781-5433 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>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 Rape Crisis Hotline 919-828-3005 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 919-231-3626 24-hour crisis line for teens</p>	<p align="center">Other Resources</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 919-212-3849 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 A day shelter for homeless women, HIV/AIDS testing and emergency services.</p> <p>Southeastern Grave Vaults 910-476-6498 Caskets</p> <p>Child Care Service Association 919-403-6950 or 855-327-5933 Child care referrals</p>		

* It is a good idea to call ahead to find out if there are any changes in the schedule or eligibility requirements. Check www.cporaleigh.com 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</p> <p>Helen Wright Center 919-833-1748 401 Cabarrus St Emergency and transitional housing for women. Must call/stop by every morning to stay on waiting list.</p> <p>South Wilmington Street Center 919-857-9428 1420 S. Wilmington St Emergency shelter for men 24/7. Lunch is every day from 11:30am – Noon</p> <p>The Healing Place (men) 919-838-9800 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).</p> <p>The Healing Place (women) 919-838-9800 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.</p> <p>Raleigh Rescue Mission 919-828-4980 (women) 919-828-9014 (men) 314 E. Hargett St 8-month program towards job readiness and self-sufficiency. Emergency shelter for women with children (boys under 10)</p> <p>Wake Interfaith Hospitality Network 919-832-6024 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</p> <p>Wrenn House 919-833-7866 908 W. Morgan St shelter for young people (age 10-17).</p> <p>Interact 919-828-7740 Women & children</p>	<p>Salvation Army 919-834-6733 215 S. Person St., Raleigh Transitional housing for women and children. No boys over 10 years.</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.</p> <p>Epiphany House 919-829-3711 Transitional shelter for women with children. Requires referral from mentor Advocacy Program at the Women's Center. Hours: 10am-4:30pm</p> <p>PLM Families Together 919-212-1123/919-836-9197 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.</p> <p>Passage Home 919-834-0666 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.</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.</p> <p>Catholic Parish Outreach 919-873-0245 2013 N. Raleigh Blvd., Raleigh Mon - Sat 10:00am – 1:00pm. Referral required.</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. Mon – Fri 10:00am – 7:00pm</p> <p>Salvation Army 919-834-6733 215 S. Person St., Raleigh Serves 25 people on Fridays. Call on Monday for an appointment. NC photo ID and SS card for all family members receiving assistance.</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</p>	<p>Brooks Avenue Church of Christ 919-821-2400 700 Brooks Ave., Raleigh 2nd and 4th Saturdays 9am – Noon. Schedule changes in Nov. and Dec. No referral required.</p> <p>Catholic Parish Outreach 919-873-0245 2013 N. Raleigh Blvd, Raleigh Mon - Sat 10:00am – 1:00pm. Referral required. SS card or id req'd.</p> <p>Dorcas Ministry 919-469-1351 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 Garner residents only Mon-Fri 9:00am-12:00pm</p> <p>North Raleigh Ministries 919-844-6676 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.</p> <p>Salvation Army 919-834-6733 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.</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>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>
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.</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>Passage Home Resale & Thrift Shop 919-828-1166 2418 Crabtree Blvd., Raleigh 10am—5pm Mon—Fri 9am—4pm Sat</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 x3 616 Tucker St. Raleigh Mon/Tue 1-3pm, Wed/Fri 10-noon 4th Sat 10-noon, Referral Required</p>
			<p>Resource list compiled by Catholic Charities</p> 