

## RESOURCE GUIDE (JANUARY 2010)

General Assistance	Mental Health/Substance Abuse	Health Assistance	Financial Assistance
<p><b>Wake County Human Services</b> 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><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> 790-8533 3000 Highwoods Blvd Individual, family, marital, and group counseling for mental health needs. Fees based on a sliding scale.</p> <p><b>Cornerstone PATH programs</b> 508-0777 Serves homeless individuals with mental illness and substance abuse issues.</p> <p><b>SouthLight</b> 787-6131 3125 Poplarwood Court, Ste. 203 Programs and services for youth and adults with addictions.</p> <p><b>Wake County Evaluation and Emergency Services</b> 250-3133 3000 Falstaff Rd 24-hour evaluation for mental health issues. Alcoholism treatment center with inpatient and outpatient services.</p>	<p><b>Crisis Intervention Prescriptions</b> 834-4707 Financial assistance for written prescriptions once every 3 months for individuals without insurance.</p> <p><b>Open Door Clinic</b> 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><b>Wake Health Services, Inc.</b> 833-3111 or 231-3180 (Pediatrics) 362-5201 (Apex) 3 locations. Call for directions. Offers affordable healthcare and pediatric services to uninsured (Medicare Part-B allowed).</p> <p><b>Alliance Medical Ministry</b> 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><b>Dental Health for Wake County</b> 250-4610 or 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><b>Wake Teen</b> 828-0035 505 Oberlin Road, Suite 204, Raleigh Counseling, nutritional assessments, medical services, and health education for children and teens.</p> <p><b>Senior Prescription Assistance</b> 1-888-488-6279 Information about NCRx, which helps seniors who qualify with prescriptions.</p>	<p><b>First Presbyterian Church</b> 833-4070 120 West Hargett St, Raleigh By appointment only Call Monday at noon or Tuesday at 9:30am. Financial assistance is provided once a year for rent, utilities, and other needs of those employed.</p> <p><b>Salvation Army</b> 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><b>Wake County Human Services, Service Intake</b> 212-7000 220 Swinburne St., Raleigh Mon – Fri 8:00am – 5:00pm, must register by 4:30pm. Crisis financial assistance provided for rent, transportation, medications, eyeglasses, and other emergency services. Assessment, counseling, and information referral services also offered.</p> <p><b>North Raleigh Ministries</b> 785-9911 2431-152 Spring Forest Rd., Raleigh By appointment only. Call for appointment on Mondays 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: 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 569-0020</b> Wake Forest, Youngsville, &amp; Rolesville residents only.</p> <p><b>Christian Community in Action</b> 469-1351 1231 NE Maynard Rd. Cary Mon.—Fri. 10am—12:30 Provides emergency financial aid for residents of Cary, Morrisville, Friendship, New Hill, &amp; Willow Spring</p> <p><b>Western Wake Crisis Ministry</b> 362-0657 Mon.—Thur. 10am—1pm 103 1/2 E. Chatham St. Apex Provides emergency financial aid for residents of Apex, Holly Springs, Friendship, &amp; New Hill (Only once per year).</p> <p><b>Triangle Family Services</b> 821-0790 3937 Western Blvd., Raleigh Financial assistance, counseling and education.</p>
<b>Crisis Hotlines</b>	<p><b>Triangle Family Services</b> 821-0790 3937 Western Blvd. Family, marital, and individual therapy.l</p> <p><b>Wake Teen</b> 828-0035 505 Oberlin Road, Suite 204 Counseling, nutritional assessments, and health education for children and teens.</p> <p><b>The Healing Place</b> 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> 573-6520 4112 Blue Ridge Rd</p> <p><b>Wake County Human Services</b> Alcoholism Treatment Center 250-1500</p>	<b>Other Resources</b>	
<p><b>Alcoholics Anonymous</b> 783-6144 Information about AA meetings and alcoholism</p> <p><b>Al-Anon</b> 713-1516 For family members of those dealing with alcoholism</p> <p><b>Birthchoice - Pregnancy Help</b> 781-5423 3820 Merton Dr, Ste 219, Raleigh</p> <p><b>Carolina Poison Control Center</b> 1-800-222-1222</p> <p><b>Child Abuse Hotline</b> 1-800-4ACHILD</p> <p><b>Drug Helpline (U.S. DHHS)</b> 1-800-662-HELP</p> <p><b>Gay and Lesbian Helpline</b> 821-0055</p> <p><b>Holly Hill RESPOND</b> 250-7000 or 1-800-447-1800 24-hour mental health and substance abuse evaluations</p> <p><b>HopeLine</b> 231-4525 24-hour local crisis and suicide prevention hotline</p> <p><b>Interact Domestic Violence Hotline</b> 828-7740 24-hour hotline for survivors and victims of domestic violence</p> <p><b>Interact Rape Crisis Hotline</b> 828-3005 24-hour hotline for survivors and victims of sexual assault and rape</p> <p><b>Lifeline</b> 1-800-273-TALK National suicide prevention hotline</p> <p><b>Teen TalkLine</b> 231-3626 24-hour crisis line for teens</p>	<b>Transportation Assistance</b>		
	<p><b>Capital Area Transit</b> 828-7228 Call 485-7433 for bus schedules.</p> <p><b>Triangle Transit Authority</b> 549-9999</p> <p><b>Wake Coordinated Transportation Services—TRACS</b> 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><b>Centro Para Familias Hispanas (Hispanic Family Center)</b> 873-0094 2539-C Noblin Rd., Raleigh Provides information, resources and referrals, classes, workshops, and counseling. Call for appointment.</p> <p><b>Job Link Career Center</b> 250-3770 220 Swinburne St., Raleigh</p> <p><b>Resources for Seniors</b> 872-7933 In-Home Services.</p> <p><b>The Women's Center</b> 829-3711 128 E. Hargett St., Raleigh A day shelter for homeless women, HIV/AIDS testing and emergency services.</p>	

\* It is a good idea to call ahead to find out if there are any changes in the schedule or eligibility requirements.

## RESOURCE GUIDE (JANUARY 2010)

Shelters	Transitional Housing	Clothing Assistance	Food Assistance
<p><b>Helen Wright Center</b> 833-1748 401 Cabarrus St Emergency and transitional housing for women. Must call/stop by every morning to stay on waiting list.</p> <p><b>South Wilmington Street Center</b> 857-9428 1420 S. Wilmington St Emergency shelter for men 24/7. Lunch is every day from 11:30am – Noon</p> <p><b>The Healing Place (men)</b> 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><b>The Healing Place (women)</b> 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><b>Raleigh Rescue Mission</b> 828-4980 (women) 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><b>Wake Interfaith Hospitality Network</b> 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><b>Wrenn House</b> 833-7866 908 W. Morgan St shelter for young people (age 10-17).</p> <p><b>Interact</b> 828-7740 Women &amp; children</p>	<p><b>Salvation Army</b> 834-6733 215 S. Person St., Raleigh Transitional housing for women and children. No boys over 10 years.</p> <p><b>A Caring Place</b> 462-1800 Transitional shelter for working families with children. Must be employed and working full-time, and homeless or at risk of becoming homeless.</p> <p><b>Epiphany House</b> 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><b>Families Together</b> 212-1123/836-9197 908-101 Plainview Dr. &amp; 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><b>Step-Up Ministry</b> 781-0156 Transitional shelter for employed homeless families. Adult family member must be working at least 35-40 hours per week, no felony record within 7 years, age 21+. Tuesday night meeting required. Call to register for orientation week.</p> <p><b>Passage Home</b> 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><b>Brooks Avenue Church of Christ</b> 821-2400 700 Brooks Avenue, Raleigh Second and fourth Saturday of every month. 9:00am– Noon. No referral required.</p> <p><b>Catholic Parish Outreach</b> 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> 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> 829-8048 623 Rock Quarry Rd. Raleigh, NC. Mon – Fri 10:00am – 7:00pm Offers food assistance.</p> <p><b>Salvation Army</b> 834-6733 215 S. Person St., Raleigh Thu 9:00am – 11:00am. Serves first 25 people. NC photo ID and SS card for all family members receiving assistance.</p> <p><b>Pregnancy Life Care Center</b> 1001 Navaho Dr. 11am-2pm Clothing for expectant women and baby.</p> <p><b>With Love from Jesus</b> 233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am—12pm No Referral Required.</p> <p><b>First Baptist Church</b> 832-4485 99 N. Salisbury St., Raleigh Wed 10-11:30 am, Thurs 1-2:30 pm Free Clothing</p>	<p><b>Brooks Avenue Church of Christ</b> 821-2400 700 Brooks Ave., Raleigh 2nd and 4th Saturdays 9am – Noon. Schedule changes in Nov. and Dec. No referral required.</p> <p><b>Catholic Parish Outreach</b> 873-0245 2013 N. Raleigh Blvd, Raleigh Mon - Sat 10:00am – 1:00pm. Referral required. SS card or id req'd.</p> <p><b>Christian Community in Action</b> 469-1351 1231 NE Maynard Rd., Cary Mon - Fri 10:00am – 12:30pm (Cary, Morrisville, Apex, Holly Springs, New Hill, Friendship area residents only). May be served once every 3 months. Referral required.</p> <p><b>Garner Area Ministries</b> 772-9100 885 and 889 Hwy. 70, Garner Garner residents only Mon-Fri 9:00am-12:00pm</p> <p><b>North Raleigh Ministries</b> 785-9911 2431-152 Spring Forest 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: 27609, 27612, 27613, 27614, 27615, and 27616.</p> <p><b>Salt and Grace Ministries</b> 201 Holly Springs Rd, Holly Springs Apex, Holly Springs, Willow Springs residents only.</p> <p><b>Salvation Army</b> 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><b>Shepherd's Table Soup Kitchen</b> 831-2010 121 Hillsborough St., Raleigh Mon-Fri 11:00AM – Noon Provides free hot meals. No referral required.</p> <p><b>Urban Ministries Food Pantry</b> 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> 233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am—12pm No Referral Required</p>
<b>Thrift Stores</b>			
<p><b>Bargain Box</b> 833-7587 401 Woodburn Rd., Raleigh</p> <p><b>Interact's Pass it on Too</b> 865-1601 1012 Oberlin Rd.</p> <p><b>Salvation Army</b> 779-8867 205 Tryon Rd, Raleigh</p>	<p><b>Dorcas Thrift Shop</b> 469-9861 1231 NE Maynard</p> <p><b>Mustard Seed</b> 828-1166 1504 Newbern Ave., Raleigh</p> <p><b>North Carolina Children's Promise</b> 832-8387 2409 Crabtree Blvd., Raleigh</p>	<p><b>Goodwill Industries</b> 834-0504 321 W. Hargett St., Raleigh</p> <p><b>782-2435</b> 4801 Grove Barton Rd., Raleigh</p> <p><b>861-8992</b> 4401 New Hope Rd., Raleigh</p>	<p><b>Western Wake Crisis Ministry</b> 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>
			<p><b>Resource list compiled by Catholic Charities</b></p> 