

# RESOURCE GUIDE (JUNE 2021)

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><b><u>Wake County Human Services</u></b> <b>919-212-7000</b> 220 Swinburne St, Raleigh, NC Child welfare/health/disability/mental health/substance abuse/veteran/ homeless//winter emergency assistance/ employment services.</p> <p><b><u>United Way 211</u></b> <b>2-1-1 or 1-800-831-1754</b> 24-hour human service information and referrals.</p> <p><b><u>Dept. of Health and Human Services</u></b> <b>1-800-662-7030</b> 8am-5pm, Monday-Friday Information and referral hotline.</p> <p><b><u>Oak City Cares</u></b> <b>984-344-9599</b> 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><b><u>Catholic Charities</u></b> <b>919-790-8533 (x29 for Spanish)</b> 3000 Highwoods Blvd Individual, family, marital, and group counseling for mental health needs. Fees based on a sliding scale.</p> <p><b><u>Triangle Family Services</u></b> <b>919-821-0790</b> 3937 Western Blvd. Family, marital, and individual therapy by licensed clinicians. <b>BY APPOINTMENT ONLY</b></p> <p><b><u>The Healing Place</u></b> <b>919-838-9800</b> 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><u>Fellowship Health Resources, Inc.</u></b> <b>919-573-6520</b> 5509 Creedmoor Rd Raleigh NC 27612 / 222 E. Chatham, Cary NC 27511 / Drop in Center 401 E Whitaker Mill Rd, Raleigh NC 27608</p> <p><b><u>South Light</u></b> <b>919-787-6131</b> Programs and services for youth and adults with addiction.</p> <p><b><u>New Leaf Behavioral Health</u></b> <b>919-781-8370</b> 3725 National Drive, Suite 120</p> <p><b><u>Monarch</u></b> <b>919-856-4703</b> 401 E. Whitaker Mill Rd. Mental Health related services</p> <p><b><u>UNC STEP Community Clinic</u></b> <b>919-445-0350</b> 3010 Falstaff Rd. Treatment of Schizophrenia &amp; Psychotic illnesses</p>	<p><b><u>Open Door Clinic</u></b> <b>919-832-0820</b> 1390 Capital Blvd. Medical care and prescriptions for individuals without insurance and don't qualify for Medicaid. 18+ cannot be pregnant</p> <p><b><u>Advance Community Health</u></b> <b>919-833-3111</b> Several locations. Call for directions. Offers affordable healthcare and pediatric services to uninsured Only Wake County residents</p> <p><b><u>Alliance Medical Ministry</u></b> <b>919-250-3320</b> 101 Donald Ross Dr., Raleigh Offers affordable medical care and health education. Must be employed. Bring at least 2 pay stubs.</p> <p><b><u>WCHS Medical Eye Care Program</u></b> <b>919-250-4621</b></p> <p><b><u>Public Health Center Services</u></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><u>Wake Tech Dental Hygiene</u></b> <b>919-747-0126</b> some fees apply</p> <p><b><u>Mariam Clinic</u></b> <b>919-824-4672</b> 1021 Arrington Dr. Cary Medical Services (Sundays Only)</p> <p><b><u>Wake County Dental Clinic</u></b> <b>919-250-4610</b> Dental Care for kids 1-20 and woman who are pregnant, based on family income. Medicaid and NC Health accepted</p> <p><b><u>UNC Dental School</u></b> <b>919-537-3737</b></p>	<p><b><u>First Presbyterian Church</u></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><u>Assurance Wireless</u></b> <b>1-888-321-5880</b> Free cell phones for low-income clients</p> <p><b><u>ChurchNet</u></b> <b>919-569-0020</b> Wake Forest, Youngsville, &amp; Rolesville residents only.</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 Apex residents need referral form</p> <p><b><u>Western Wake Crisis Ministry</u></b> <b>919-362-0657</b> Mon.—Thur. 9am—12noon 1600 Olive Chapel Suite 408 Apex NC 27502 Provides emergency financial aid for residents of Apex, Friendship, New Hill, &amp; Holly Springs ONLY</p> <p><b><u>Garner Area Ministry</u></b> <b>919-772-9100</b> rent, water and prescription medication Garner residents only zip codes 27603,27610</p> <p><b><u>Hillyer Memorial Christian Church</u></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> <p><b><u>The Diaper Train</u></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>
<b>Crisis Hotlines</b>			
<p><b><u>Alcoholics Anonymous</u></b> <b>919-783-6144</b> 24-hr alcohol abuse hotline. Provides info on local AA meetings</p> <p><b><u>Al-Anon</u></b> <b>919-713-1516</b> For family members of those dealing with alcoholism</p> <p><b><u>Birthchoice</u></b> <b>919-781-5433</b> Pregnancy help</p> <p><b><u>Carolina Poison Control Center</u></b> <b>1-800-222-1222</b> 24-hr poison help line</p> <p><b><u>Child Abuse Hotline</u></b> <b>1-800-4ACHILD</b></p> <p><b><u>Drug Helpline (U.S. DHHS)</u></b> <b>1-800-662-HELP</b> 24-hr treatment referral and information about mental and/or substance use disorders, prevention and recovery.</p> <p><b><u>Holly Hill RESPOND</u></b> <b>919-250-7000 or 1-800-447-1800</b> 24-hour mental health and substance abuse evaluations</p> <p><b><u>HopeLine</u></b> <b>919-231-4525</b> 24-hour local crisis and suicide prevention hotline.</p> <p><b><u>Interact Domestic Violence Hotline</u></b> <b>919-828-7740</b> 24-hour hotline for survivors and victims of domestic violence</p> <p><b><u>Interact Sexual Assault Hotline</u></b> <b>919-828-3005</b> 24-hour hotline for survivors and victims of sexual assault</p> <p><b><u>Lifeline</u></b> <b>1-800-273-TALK (8255)</b> National suicide prevention hotline</p> <p><b><u>Teen Talkline</u></b> <b>919-231-3626</b> 3820 Merton Dr., Ste. 219, Raleigh</p>	<b>Transportation Assistance</b>		
	<p><b><u>Capital Area Transit</u></b> <b>919-485-7433</b> Call for bus schedules.</p> <p><b><u>Triangle Transit Authority</u></b> <b>919-549-9999</b></p> <p><b><u>Wake Coordinated Transportation Services—TRACS</u></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><u>Accessible Raleigh Transportation</u></b> <b>919-996-3459</b> For persons with disabilities</p>	<b>Other Resources</b>	
		<p><b><u>Centro Para Familias Hispanas (Hispanic Family Center)</u></b> <b>919-873-0094</b> 2013 Raleigh Blvd., Raleigh Resources /referrals/classes, workshops/ counseling. Call for apt.</p> <p><b><u>NC Works Career Center</u></b> <b>919-250-3770</b> 220 Swinburne St., Raleigh</p> <p><b><u>Resources for Seniors</u></b> <b>919-872-7933</b> In-Home Services.</p> <p><b><u>The Women's Center</u></b> <b>919-829-3711</b> 400 Southwest St. Raleigh Addresses issues of poverty/homelessness medical/healthcare, clothing, hygiene, transportation, job/housing assistance among women</p> <p><b><u>Capital Area NCWorks Career Center</u></b> <b>919-715-0111</b></p> <p><b><u>Child Care Service Association</u></b> <b>919-403-6950</b> Child care referrals</p>	
			<b>Diapers</b>
			<p><b><u>The Diaper Train</u></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>

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Shelters	Transitional Housing	Clothing Assistance	Food Assistance
<p><b>Triangle Family Services</b> <b>Centralized Intake for Homeless Women &amp; Children</b> <b>919-861-1195</b> Call to be directed to services that provide housing for women and children.</p> <p><b>South Wilmington Street Center</b> <b>919-857-9428</b> 1420 S. Wilmington St Emergency shelter for men 24/7. Only for Wake County Residents. Provides long term and short term housing</p> <p><b>The Healing Place</b> <b>919-838-9800</b> 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><b>Raleigh Rescue Mission</b> <b>919-828-9014</b> Through coordinator entry.</p> <p><b>Family Promise of Wake Co.</b> <b>919-832-6024</b> 903 Method Rd Housing for couples with or without children or single mothers. Call first— Intake is M-Th 7am to 6pm</p> <p><b>Wrenn House</b> <b>919-832-7866 / 919—833-3312</b> 908 W. Morgan St shelter for young people (age 10-17). Call ahead to complete screening process</p> <p><b>Interact</b> <b>919-828-7740</b> Women &amp; children. Must call first to complete screening process.</p> <p><b>Love Wins Ministries</b> <b>(919) 835-2727</b> 622 Maywood Ave, Raleigh, NC 27603 Day shelter, open Monday –Thursday, 9-1 and by appointment on Friday</p> <p><b>Salvation Army Woman and Children center</b> <b>919-834-6733</b></p>	<p><b>The Carving Place</b> <b>919-462-1800</b> 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><b>PLM Families Together</b> <b>919-212-1123</b> 908-101 Plainview Dr. Provides short term housing and rehousing support. For families that are residents of Wake County.</p> <p><b>Passage Home</b> <b>919-834-0666</b> Must call Mondays between 10 am and 11 am to receive an appointment. Currently closed to the public</p> <p><b>AME Incentive Program</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>Helen Wright Center for Women</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>Lutheran Services Carolinas</b> <b>919-832-2620</b> 4020 Wake Forest Rd. Suite 301 Raleigh Transitional housing for adults with severe and persistent mental illness.</p> <p><b>Oxford House</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>Wake County Housing Referral Line</b> <b>—Managed by Triangle Family Services</b> <b>919-861-1195</b> Monday– Friday</p>	<p><b>Garner Area Ministries</b> <b>919-772-9100</b> 885 Hwy 70 West, Garner Garner residents only. Mon, Wed, &amp; Fri 9:00am—Noon Food and financial assistance also available.</p> <p><b>Salvation Army</b> <b>919-779-8867</b> 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><b>First Baptist Church</b> <b>919-832-4485</b> 99 N. Salisbury St., Raleigh Wed 10-11:30 am, Thurs 1-2:30 pm Free Clothing , Must have ID Will Open on Aug 2nd</p> <p><b>Reaping the Harvest Christian Church</b> <b>Clothes4Christ Ministry</b> <b>919-924-2744</b> 331 Tryon Rd, Raleigh NC 27603 By Apt only Tue &amp; Fri 10:30-1:30</p> <p><b>With Love from Jesus</b> <b>919-233-8010</b> 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am—11:30am No Referral Required</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</p>	<p><b>Catholic Parish Outreach</b> <b>919-873-0245</b> 2013 Raleigh Blvd, Raleigh June 16,2021: Mon. Wed. Fri. 8:30am-11:30 Referral required every visit/ID first visit No referral needed during Covid</p> <p><b>Durham Community Food Pantry</b> <b>919-286-1964</b> 2020 Chapel Hill Rd. Suite 30, Durham No referral required food pantry serving Durham/Orange Co.. Open W 10:-1:00PM</p> <p><b>Salvation Army</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>Urban Ministries Food Pantry</b> <b>919-836-1642</b> <b>1390 Capital Blvd. Raleigh</b> Mon-Fri 9am – 1pm ID for all members of household required. Must be a Wake county resident.</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</p> <p><b>North Raleigh Ministries</b> <b>919-844-6676</b> 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><b>Shepherd's Table Soup Kitchen</b> <b>919-831-2010</b> 121 Hillsborough St., Raleigh Mon-Fri 11 – Noon. Provides free hot meals. No referral required.</p> <p><b>The Point Food Pantries</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>With Love from Jesus</b> <b>919-233-8010</b> 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10—11:30am No Referral Required</p> <p><b>Western Wake Crisis Ministry</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>Wake Relief</b> <b>919-833-6400 ext. 3</b> 616 Tucker St. Raleigh Mon 1-3pm, Wed 10 1-3pm, every other Saturday 10 am—12 pm No referral</p>
<b>Household Goods/Furniture</b>			
<p><b>With Love from Jesus</b> <b>919-233-8010</b> 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am —11:30am No Referral Required</p> <p><b>Helping Hand Mission</b> <b>919-829-8048</b> 623 Rock Quarry Rd. Raleigh, NC. Mon – Fri 10:00am – 7:00pm</p>	<p align="center"><b>Thrift Stores</b></p> <p><b>Salvation Army</b> <b>919-779-8867</b> 205 Tryon Rd, Raleigh</p> <p><b>Sightly Worn Thrift Shop</b> <b>919-256-4220</b> 2701 Noblin Rd. Suite 2705, Raleigh</p> <p><b>Dorcas Thrift Shop</b> <b>919-469-9861</b></p>		
<p><b>Salvation Army</b> <b>919-779-8867</b> 205 Tryon Rd, Raleigh</p> <p><b>Sightly Worn Thrift Shop</b> <b>919-256-4220</b> 2701 Noblin Rd. Suite 2705, Raleigh</p> <p><b>Dorcas Thrift Shop</b> <b>919-469-9861</b></p>	<p><b>Raleigh Rescue Mission</b> <b>919-8787117</b> 4700 Capital Blvd Raleigh, NC 27604</p>	<p><b>Goodwill Industries</b> <b>919-782-2435</b> 4801 Grove Barton Rd., Raleigh</p> <p><b>919-861-8992</b> 4401 New Hope Rd., Raleigh</p>	<p><b>Alliance of AIDS Services—Carolina</b> <b>919-834-2437</b> 1637 Old Louisburg Rd. Raleigh Tue &amp; Wed. 12:30-4pm</p> <p><b>Oak City Cares</b> <b>(984) 344-9599</b> 1430 S Wilmington St, Raleigh, NC 27603 Meals served Saturday and Sunday 9 am—6 pm</p>