

**RESOURCE GUIDE (AUGUST 2023)**

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>
<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><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>Smile 3D Dental</b> <b>919-396-3625</b> 5318 NC Highway 55 #101 Durham</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>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>	<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>	<p><b>Other Resources</b></p>	<p align="center"><b>Diapers</b></p> <p><b>The Diaper Train</b> <b>919 833-6400 x222</b> Provides diapers for those in need. The agency requires referrals, but instructions are provided when you call to have a refer- ral written.</p> <p>FYI — CPO Cannot be a referral source to this agency since we receive diapers for distribution from the Diaper Bank.</p>

**RESOURCE GUIDE (AUGUST 2023)**

compiled by  **Catholic Parish Outreach**  
A Program of Catholic Charities  
Providing Help - Creating Hope - Serving All

Shelters	Transitional Housing	Clothing Assistance	Food Assistance
<p><b>ACCESS SITES:</b> <b>Oak City Cares (Families, Adult Individuals)</b> 1430 S. Wilmington St. Raleigh, NC 27603 Go Raleigh Bus #21 In-Person ONLY, walk-in basis M-F 9am – 5 pm</p> <p><b>Haven House (Youth/Young Adults ages 18-24)</b> 1008 Bullard Court Raleigh, In-Person: M-F 9:30 am to 4 pm OR Call (919) 980-2015 Go Raleigh Bus #2</p> <p><i>*Haven House staff will be also be available at Oak City Cares Mondays and Wednesdays from 9 am -1 pm for in-person appointments</i></p> <p><b>Triangle Family Services</b> 919-821-0790 Shelter &amp; housing services for families. Must go through Coordinated Entry System 919-443-0096 M-F 8am-5pm.</p> <p><b>South Wilmington Street Center</b> 919-857-9428 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>The Healing Transitions</b> 919-838-9800 (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>Raleigh Rescue Mission</b> 919-828-9014 Coordinator Entry System 919-443-0096 to receive shelter services. Help for men, women and women with children.</p> <p><b>Family Promise of Wake Co.</b> 919-832-6024 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>Wrenn House</b> 919-832-7866 / 919-833-3312 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>Interact</b> 919-828-7740 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>Salvation Army Women &amp; Children</b> 919-834-6733 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>The Carving Place</b> 919-462-1800 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>PLM Families Together</b> 919-212-1123 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>Passage Home</b> 919-834-0666 Must call Mondays between 10am-11am to receive an appointment.</p> <p><b>AME Incentive Program</b> 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><b>Helen Wright Center for Women</b> 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><b>Lutheran Services Carolinas</b> 919-832-2620 4020 Wake Forest Rd. Ste 301 Raleigh Transitional housing for adults with severe and persistent mental illness.</p> <p><b>Oxford House</b> 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><b>Wake County Housing Referral Line Managed by Triangle Family Services</b> 919-861-1195 Monday-Friday</p>	<p><b>First Baptist Church</b> 919-832-4485 99 N. Salisbury St., Raleigh Monday Only 10am-Noon, Free Clothing Must have ID</p> <p><b>Reaping the Harvest Christian Church Clothes4Christ Ministry</b> 919-924-2744 331 Tryon Rd, Raleigh By Apt only</p> <p><b>With Love from Jesus</b> 919-233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am-Noon No Referral Required</p> <p><b>Dorcas Ministry</b> 919-469-9861 187 High House Rd., Cary Mon-Fri 9:00am-3:00pm &amp; by apt. Cary &amp; Morrisville Residents Only</p> <p><b>Note in the Pocket</b> For clothing support for School age children go thru School Social Worker and ask about the Note in the Pocket program for assistance.</p> <p align="center"><b>Household Goods/Furniture</b></p> <p><b>Helping Hand Mission</b> 919-829-8048 623 Rock Quarry Rd. Raleigh Mon-Fri 10:00am-7:00pm</p> <p align="center"><b>Food Assistance continued</b></p> <p><b>Wake Relief</b> 919-833-6400 ext. 3 616 Tucker St. Raleigh Mon 1-3pm, Wed 1-3pm, every other Saturday 10am-12pm No referral required</p> <p><b>Alliance of AIDS Services Carolina</b> 919-834-2437 1637 Old Louisburg Rd. Raleigh Tue &amp; Wed. 12:30pm-4pm</p> <p><b>Shepherd's Table Soup Kitchen</b> 919-831-2010 121 Hillsborough St., Raleigh Mon-Fri 11-Noon. Provides free hot meals. No referral required.</p> <p><b>Oak City Cares</b> 919-344-9599 1430 S Wilmington St, Raleigh Meals served Saturday and Sunday 9am-6pm</p> <p><b>Trinity Presbyterian Church</b> office@trinitypresbyterianchurch.net 3120 New Hope Road Raleigh Tues 9 am—12 pm no referral, 1 bag of non perishable food / month, bag can be left outside for after 12 pm pick-up</p>	<p><b>Catholic Parish Outreach</b> 919-873-0245 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>Durham Community Food Pantry</b> 919-286-1964 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>Urban Ministries Food Pantry</b> 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><b>Salvation Army</b> 919-834-6733 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>Dorcas Ministry</b> 919-469-9861 187 High House Rd., Cary Mon-Fri 9:00am-3:00pm &amp; by apt. Cary &amp; Morrisville Residents Only</p> <p><b>The Point Food Pantries</b> 919-467-9159 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>The Raleigh Dream Center</b> (919) 867-4446 4301 Louisburg Rd., Raleigh Go to <a href="http://raleighdreamcenter.org/resources/">raleighdreamcenter.org/resources/</a> For is listing of dates and locations for food distribution.</p> <p><b>With Love from Jesus</b> 919-233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am-1:30pm No Referral Required</p> <p><b>Bread of Life Food Pantry</b> 919-266-2957 3328 Forestville Rd. Raleigh N.C. 27616 Food pick-up events on the 3rd Thursday, from 4:00 - 6:00 pm by appointment. Walk-ins are accepted but appts preferred.</p> <p><b>Western Wake Crisis Ministry</b> 919-362-0657 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>
<b>Thrift Stores</b>			
<p><b>Salvation Army</b> 919-779-8867 205 Tryon Rd. Raleigh</p> <p><b>Sightly Worn Thrift Shop</b> 919-256-4220 2701 Noblin Rd. Ste 2705. Raleigh</p>	<p><b>N Raleigh Ministries Thrift Store</b> 919-844-6676 x 112 9650 Strickland Road, Suite 161   Raleigh, NC   27615 Hours: Mon 1pm – 7pm/ Tues– Sat 10 am – 7pm</p> <p><b>919-844-6676 x 402</b> 2821 Brentwood Rd. Raleigh Mon 1pm – 6pm/ Tues-Sat 10am – 6pm</p>	<p><b>Dorcas Thrift Shop</b> 919-469-9861 187 High House Rd. Cary</p> <p><b>Goodwill Industries</b> 919-782-2435 4801 Grove Barton Rd. Raleigh <b>919-861-8992</b> 4401 New Hope Rd. Raleigh</p>	<p><b>White Oak Foundation</b> 919-362-6768 1621 White Oak Church Rd Apex Mon-Thu 11am-2pm Serves Apex/ Morrisville/Cary. Food Distribution - Wednesday &amp; Friday 12:00 noon to 2:00 pm . Curbside service only.</p>