

Resource Guide Wake County, NC



<u>General Services</u>		
<p><u>Wake County Human Services</u> 919-212-7000 220 Swineburne St Raleigh <i>Child Welfare / Health / Disabilities Mental Health / Substance Abuse</i></p> <p><u>United Way 211</u> 2-1-1 or 1-800-831-1754 <i>24 hour human service information</i></p> <p><u>Dept of Health & Human Services</u> 1-800 662-7030 8am-5pm Monday-Friday <i>Information and referral hotline</i></p> <p><u>Oak City Cares</u> 984-344-9598 <i>Wake County homelessness multi-service center offering a wide range of services.</i></p>	<p><u>Child Abuse Hotline</u> 1-800-4ACHILD</p> <p><u>Drug Helpline (U.S. D.H.H.S.)</u> 1-800-662-HELP <i>24hr treatment referral hotline</i></p> <p><u>Holly Hill Respond</u> 919-250-7000 or 1-800-447-1800 <i>24hr mental health and substance abuse evaluations</i></p> <p><u>HopeLine</u> 919-231-4525 <i>24hr local crisis and substance abuse hotlines</i></p> <p><u>Interact Domestic Violence Hotline</u> 919-828-3005 <i>24hr hotline for survivors and victims of domestic violence.</i></p> <p><u>Interact Sexual Assault Hotline</u> 919-828-3005 <i>24hr hotline for survivors and victims of sexual assault.</i></p> <p><u>Lifeline</u> 1-800-828-TALK (8255) <i>National Suicide Prevention</i></p> <p><u>Suicide / Crisis Hotline - Dial 988</u></p> <p><u>Teen Talkline</u> 919-231-3626</p> <p><u>Catholic Charities</u> 919-790-8533 (x28 for Spanish) <i>Individual, Family, Marital, and group counseling, marital needs</i></p> <p><u>Triangle Family Services</u> 919-821-0790 <i>Family, Marital, Individual Therapy by licensed clinicians</i></p>	<p><u>The Healing Transitions</u> 919-838-9800 <i>Provides non-medical detox, emergency shelter, and a long term treatment program.</i></p> <p><u>Fellowship Health Resources</u> 919-573-6520</p> <p><u>South Light</u> 919-787-6131 <i>Programs and services for youth</i></p> <p><u>New Leaf Behavioral Health</u> 919-781-8370 <i>Mental Health Services</i></p> <p><u>Monarch</u> 919-856-4703 <i>Mental health related services.</i></p> <p><u>UNC STEP Community Clinic</u> 919-445-0350 <i>Treatment of schizophrenia and psychotic illnesses</i></p>
<u>Crisis Hotlines</u>		
<p><u>Alcoholics Anonymous</u> 919-783-6144 <i>24-hr alcohol abuse hotline. Provides info on local AA meetings.</i></p> <p><u>Al-Anon</u> 919-713-1516 <i>For family members of those dealing with alcoholism.</i></p> <p><u>Birthchoice</u> 919-781-5433 <i>Pregnancy Help</i></p> <p><u>Carolina Poison Control Center</u> 1-800-222-1222 <i>24hr poison control hotline.</i></p>	<div style="background-color: #e0f0e0; padding: 5px;"><u>Transportation Assistance</u></div> <p><u>Capital Area Transit</u> 919-485-7433 <i>Call for bus schedules</i></p> <p><u>Triangle Transit Authority</u> 919-549-9999</p> <p><u>Wake Coordinated Services (TRACS)</u> 919-212-7005 <i>For the elderly (60+) and disabled. Need proof of age and disability \$2-\$8</i></p> <p><u>Accessible Raleigh Transportation</u> 919-996-3459 <i>For disabled.</i></p>	

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Health Assistance	Other Resources	Shelter
<p style="text-align: center;"><u>Open Door Clinic</u> 919-832-0828 <i>Medical Care for uninsured</i></p> <p style="text-align: center;"><u>Advance Community Health</u> 919-833-3111 <i>Affordable Health Care for the Uninsured.</i></p> <p style="text-align: center;"><u>WCHS Medical Eye Care Program</u> 919-250-4621</p> <p style="text-align: center;"><u>Public Health Center Services</u> 919-212-7000 (adults) 919-250-4570 (children)</p> <p style="text-align: center;"><u>Wake Tech Dental Hygiene</u> 919-747-4672 <i>Some fees apply</i></p> <p style="text-align: center;"><u>Mariam Clinic</u> 919-824-4672 1021 Arrington Dr, Cary NC <i>Medical Services (Sundays Only)</i></p> <p style="text-align: center;"><u>Wake County Dental Clinic</u> 919-250-4610 <i>Dental Care for Kids 1-20, women who are pregnant, cost based on family income.</i></p> <p style="text-align: center;"><u>UNC Dental</u> 919-537-3737</p>	<p style="text-align: center;"><u>Centro Para Familas Hispanas</u> 919-873-0094 <i>Resources, referrals, classes, workshops and counseling. Call for appointment.</i></p> <p style="text-align: center;"><u>NC Works Career Center</u> 919-250-3770</p> <p style="text-align: center;"><u>Resources for Seniors</u> 919-872-7933 <i>In-home services</i></p> <p style="text-align: center;"><u>The Women's Center</u> 919-829-3711 <i>Addresses issues of poverty, homelessness, clothing, hygiene, transportation, jobs, and hoursing.</i></p> <p style="text-align: center;"><u>Capital Area NCWorks Career Center</u> 919-715-6950</p> <p style="text-align: center;"><u>Child Care Service Associations</u> 919-403-6950 <i>Child Care Referrals</i></p>	<p style="text-align: center;"><u>Raleigh Rescue Mission</u> 919-828-9014</p> <p style="text-align: center;"><u>Family Promise of Wake County</u> 919-822-0024</p> <p style="text-align: center;"><u>Wrenn House</u> 919-832-7866 / 919-833-3212 <i>Shelter for young people 10-17</i></p> <p style="text-align: center;"><u>Salvation Army Women and Children</u> 919-834-6733 <i>Families with children, and those escaping domestic violence. Cordinated entry.</i></p>
		Household Goods and Furniture
		<p style="text-align: center;"><u>Helping Hand Mission</u> 919-829-8044</p>
		Food Assistance
		<p style="text-align: center;"><u>With Love from Jesus</u> 919-233-8010 421 Chapanoke Rd</p> <p style="text-align: center;"><u>Wake Relief</u> 919-833-6400 x3</p> <p style="text-align: center;"><u>Oak City Cares</u> 919-344-9599</p> <p style="text-align: center;"><u>Garner United Methodist Church</u> 929-772-2042 201 Methodist Drive <i>Food, Showers, Homeless Ministry</i></p>
Diapers		
<p style="text-align: center;"><u>The Diaper Train</u> 919-833-6400 x222 <i>Referral required, but call for info on how to get a referral.</i></p>	<p style="text-align: center;"><u>Financial Assistance</u></p> <p style="text-align: center;"><u>First Presbyterian Church</u> 919-833-4070 <i>By appointment only</i></p> <p style="text-align: center;"><u>Assurance Wireless</u> 1-888-321-5880 <i>Free cell phones for low income clients.</i></p> <p style="text-align: center;"><u>Garner Area Ministry</u> 919-772-9100 <i>Rent, water and prescription medication.</i></p>	