RESOURCE GUIDE

Aging  ........................................pg.5
Cars/Transportation.  ............pg.2
Clothing Assistance .............pg.4
Crisis Hotlines  ..................pg.1
Disability  ..........................pg.5
Emergency Financial Help  ........pg.3
Financial Info  .....................pg.2
Food Assistance  .................pg.2
General Assistance .............pg.1
Grandparents  ....................pg.5
Hispanic  ..........................pg.4
Home Repairs  ....................pg.5
Jobs Programs  ....................pg.2
Medical Assistance .........pg.4-5
Mental Health/Substance Abuse  ........pg.5
Phones  ...........................pg.1
Raleigh Area Financial Nonprofits  .............pg.1
Shelters/Homeless .........pg.3-4
Transitional Housing ....pg.2-3
Thrift Stores  ....................pg.3
Youth/Teens  ...................pg.4

PHONES

Assurance Wireless  1-888-898-4888
Free cell phones for low income families. assurancewireless.com

Safelink Wireless  1-800-723-3546
8AM-10PM, Mon-Sat. Free phone for qualifying low-income households. safelinkwireless.com

CRISIS HOTLINES

24 Hr. Crisis Stabilization Center and UNC Healthcare Addiction Treatment Center 1-984-974-4830
107 Sunnybrook Rd. Assessment and referral to services for mental illness, developmental disability or addiction. Call before going to see if they're full. wakegov.com

Al-Anon  713-1516
For family members of those dealing with alcoholism

Birthchoice Pregnancy Help  781-5433
2304 Wesvill Ct., Suite 340. Call Tue.-Fri. 10AM-5PM, and Sat. morning. Closed Mondays. birthchoice.org

Alcoholics Anonymous  783-6144
Information about AA meetings and alcoholism

Child Abuse Hotline  1-800-4ACHILD
1-800-422-4453  Available 24/7.

Drug Helpline (U.S. DHHS)  1-800-662-HELP (4357)
Information about mental health and/or substance abuse. Referals based on your situation. samhsa.gov

Holly Hill RESPOND  250-7000 or 1-800-447-1800  24-hour mental health and substance abuse evaluations.

Hope Line  231-4525 or 1-877-235-4525
24-hour local crisis & suicide prevention hotline for adults and teens. Confidential.

Wake County Human Services  212-7000  220 Swinburn St. M-F 8AM-5PM. Combined social services, health and mental health agency. Provides child welfare, health, disability, substance abuse, veteran, homeless and winter emergency assistance & job search help.

Fuquay-Varina Location:
Southern Regional Center  557-2501  130 N. Judd Parkway.
M-F 8:30am-5:15pm. wakegov.com

Raleigh Area Financial Nonprofits

(Facilities and Community Empowerment Services) Formerly Southern Wake Faith Community in Action (SWFCA) 567-8100 605 Bridge St., Fuquay-Varina. Tues & Thurs 9AM-11:45AM. Rent, utilities, prescriptions, referrals. Fuquay & Willow Spring residents only. helpsouthwake.org

Wake County Human Services  212-7000  220 Swinburn St. M-F 8AM-5PM. Combined social services, health and mental health agency. Provides child welfare, health, disability, substance abuse, veteran, homeless and winter emergency assistance & job search help.

Fuquay-Varina Location:
Southern Regional Center  557-2501  130 N. Judd Parkway.
M-F 8:30am-5:15pm. wakegov.com

Interact Domestic Violence Hotline  828-7740 or 1 866-291-0855
24-hour hotline for survivors and victims of domestic violence. interactofwake.org

Interact Rape Crisis Hotline  828-3005 or 1 866-291-0853
24-hour hotline for survivors and victims of sexual assault and rape. interactofwake.org

Lifeline  1-800-273-TALK (8255)
National Suicide prevention hotline, 24/7, confidential. Suicidepreventionlifeline.org

Teen Crisis Text Line  Text to 741741
24-hour help for teens in any type of crisis. Trained specialists give free, secure counseling and referrals. crisistextline.org

Wake County Mobile Crisis Team  1-877-626-1772
Crisis assessment at your location. wakegov.com

Wrenn House  832-7866
908 W. Morgan St. Youth crisis center & shelter (age 10-17). For immediate help, text the word “Safe” to 69866. Havenhousenc.org

Raleigh Area Financial Nonprofits

(No specific Zip Code-Wake Co. Only)

Edenton Street United Methodist Church  832-9530  228 W. Edenton St. Call Monday, 10:00-11:30 AM for appointment. Must have proof of job to get help with rent or utilities.

First Presbyterian Church  833-4070
120 West Hargett St. By appointment only. Call Tues. 9:30 AM. Financial help once a year for rent, utilities & other needs of those employed. fpcraleigh.org

Sacred Heart Cathedral–Social Concerns Office  865-8973
16 N. Dawson St. Must call first to see if accepting appointments; listen carefully to phone instructions. Help w/ rent.

All addresses are in Raleigh unless otherwise noted. Use (919) before all phone numbers unless otherwise noted.
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RESOURCE GUIDE pg. 3

TRANITIONAL HOUSING

Helen Wright Center 833-1748
401 Cabarrus St. Emergency and transitional housing for women. Must call every morning to stay on waiting list.

PLM Families Together 212-1123
ext. 233 Mentoring & financial support to help homeless families in Wake County live in homes of their own. plmt.org

Passage Home 834-0666 ext. 244
Transitional shelter for homeless families. Must be at least 21 years old and working at least 32 hours per week or have strong recent work history.

Salvation Army 834-6733 1863 Capital Blvd. Food, shelter & case management for women and children. No boys over 10 years old.

Telamon Corporation 851-7611

The Caring Place 462-1800
Transitional housing for homeless families. Training program for self-sufficiency.

Triangle Family Services 861-1195
3937 Western Blvd. Financial counseling; emergency housing for families facing homelessness.

Wake County Women's Center 829-3711

EMERGENCY FINANCIAL HELP

Christian Community in Action 469-9861 187 High House Rd., Cary. M-F 9AM-2:30PM. Help with rent, utilities medicine, medical equipment (walkers, etc.) and food for Cary & Morrisville residents only. Walk in or by appointment. dorcas-cary.org/services

Church Net 569-0020
121 Front St., Wake Forest. Wake Forest, Youngsville, Rolesville only.

Community of Hope Ministries 779-6679 601 St. Mary's St., Garner. Serves Zip Codes 27529/27603 Garner only. Food, utilities, rent. communityofhopeministries.org

Garner Area Ministries 772-9100
558 Village Ct., Garner. M-F 9AM-Noon. Serves Zip Codes 27529, parts of 27603 (on Garner map), 27610. Food, clothes, prescriptions, utilities, rent. gam-nc.org

Johnston-Lee-Harnett Community Action 910-814-8360 (Lillington Office) Emergency financial help, parent education, referral & more. Call for list of required papers. jlhcommunityaction.org

FACES (Family and Community Empowerment Services) Formerly Southern Wake Faith Community in Action (SWFCA) 567-9100
605 Bridge St., Fuquay-Varina. Tues & Thurs 9AM-11:45AM. Rent, utilities, prescriptions, referrals. Fuquay & Willow Spring residents only.

The Caring Community Foundation, Inc. 469-3662
P.O. Box 1364 Cary 27512. Provides assistance with rent, utilities, treatment, other expenses during cancer treatment. Contact through social worker. caringcommunityfoundation.org

Triangle Family Services 821-0790
3937 Western Blvd. Consumer credit counseling. Help for families facing homelessness. tfsc.org

Wake County Human Services 212-7000
220 Swinburn St. M-F 8AM-5PM. Combined social services, health & mental health agency

In Fuquay: Southern Regional Center 557-2501
130 N. Judd Parkway. M-F 8:30am-5:15pm.

Wake County Women's Center 829-3711
112 Cox Ave. Day shelter for single women and families. Financial help and rehousing.

Wendell Council of Churches 365-6557
Rent & water. Wendell residents only.

Western Wake Crisis Ministry 362-0657
103 ½ E. Chatham St. Apex. Mon, Tue, Wed, Thurs 10AM-12:30PM. (Fuquay residents must get referral for food from SWFCA, 567-8100.) wwc.org

THRIFT STORES

Dorcas Thrift Shop 469-9861
187 High House Rd., Cary.

Guardian Angel Thrift Store 567-8152
742 N. Main St., Fuquay-Varina.

Interact's Pass It On Too 865-1601
1012 Oberlin Road. Thrift store.

Salvation Army 779-8867
205 Tryon Rd. Thrift store.

Snapdragon Thrift Store 557-9300
6021 NC 55 Hwy, Fuquay-Varina.

SHELTERS, HELP FOR HOMELESS

AME Empowerment Center for Men 931-5824
412 Capital Blvd. 24/7. Shelter, clothing, food.

Church in the Woods 772-7050
Wed. Noon. Nov-Apr. at First Baptist Church, Fuquay; May-Oct. at W. Jones St. Park, Fuquay. Clothes, toiletries, meals. Call for other locations and times. churchinthewoods.net

Cornerstone 508-0777
220 Snow Ave. Mon, Tue, Thu & Fri 8:30AM-Noon & 1-5PM; Wed 1-5PM.

Laundry, shower, & other services for homeless individuals. wakegov.com

Helen Wright Center 833-1748
401 Cabarrus St. Emergency and transitional housing for women. Must call every morning to stay on waiting list.

Interact 828-7740
Help for women and children. interactofwake.org

Raleigh Rescue Mission 828-9014

Salvation Army 834-6733
1863 Capital Blvd. Shelter and case management for women and children. No boys over age 10. salvationarmy.org

South Wilmington Street Center 857-9428
1420 S. Wilmington Street. Emergency shelter for men 24/7. Long term shelter also. wakegov.com

Category continued on page 4

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SHELTERS, HELP FOR HOMELESS (continued)

The Healing Place  838-9800
Women’s facility: 3304 Glen Royal Rd; Men’s facility: 1251 Goode St. Help, health care and emergency shelter for homeless clients w/substance addictions.  healing-transitions.org

Triangle Family Services  861-1195
3937 Western Blvd. Financial counseling; emergency housing for families facing homelessness.  tfsnc.org

Wake County Human Services  212-7000  220 Swinburn St. M-F 8AM-5PM. Provides child welfare, job search help, health, disability, mental health, substance abuse, veteran, homeless and winter emergency help. In Fuquay: Southern Regional Center  557-2501  130 N. Judd Parkway. M-F 8:30am-5:15pm.  wakegov.com

Wake Interfaith Hospitality Network  832-6024  903 Method Rd. M-F 9AM-5PM. Day center, showers, transitional housing for couples or single women w/children.  wihn.org

Wrenn House  832-7866
908 W. Morgan St. Youth crisis center & shelter (age 10-17). For immediate help, text the word “Safe” to 69866.

HISPANIC

Centro Para Familias Hispanas (Hispanic Family Ctr)  873-0094
2013 N. Raleigh Blvd. Referrals, education, immigration issues, counseling. Call for appointment.  cpfhraleigh.org

CLOTHING

Brooks Avenue Church of Christ  821-2400  700 Brooks Ave. Food & clothing, 2nd & 4th Sat 9AM-12PM. (except Nov. & Dec. Call for those dates.) Photo ID adults & social sec. card or birth cert. for children.  brooks.org

Catholic Parish Outreach  873-0245
2013 N. Raleigh Blvd. Mon-Sat 10AM-1PM. Referral required. Clothing: infants, kids (age 4 & under), maternity. SS card or ID required for all.  cporealeigh.org

Fuquay Varina United Methodist Church  552-4331
100 Judd Pkwy, Fuquay. Once a quarter free clothing. Saturday 8AM-11AM. Call for dates held.

Garner Area Ministries  772-9100
558 Village Ct., Garner. Mon-Fri 9AM-Noon. Serves Zip Codes 27529, parts of 27603 (on Garner city map) & 27610. Rent, utilities, prescriptions, food, clothing.  garnc.org

Helping Hand Mission  829-8048
623 Rock Quarry Rd. M-F 10AM-2PM. Call for appointment for food, clothing, furniture, shelter.  helpinghandmission.org

Salvation Army  834-6733  1863 Capital Blvd. Food, clothing closet, coat giveaways.  salvationarmycarolinas.org

St. Augusta Missionary Baptist Ch.  552-3825
605 Bridge St. Fuquay-Varina. Deacon’s clothing ministry. 2nd & 4th Saturday, 9AM-1PM.

With Love from Jesus  233-8010
421 Chapanoke Rd. Tues, Wed, Fri and Sat 10AM-11:30AM. Food, clothing, furniture and other household items. No referral needed.  withlovefromjesus.org

YOUTH/ TEENS

See also Crisis Hotlines

4-H Wake County Sleep Away Camp  212-9587
Teen Crisis Text Line  Text to 741741
24-hour help for teens in any type of crisis. Trained specialists give free, secure counseling and referrals.  crisistextline.org

Wrenn House  832-7866
908 W. Morgan St. Youth crisis center & shelter (age 10-17). For immediate help, text the word “Safe” to 69866.  havenhousenc.org

MEDICAL ASSISTANCE

Advance Community Health  833-3111
main/ 321-3180 pediatrics/ 250-2930
dental. 1001 Rock Quarry Rd. Also at 130 N. Judd Pkwy., Fuquay & 212 S. Salem St., Apex. Low cost healthcare for uninsured or Medicare Part B.  advancechc.org

Advance Community Health Horizon Healthcare  833-3111
1420 S. Wilmington St. Tue & Thurs. 7:30-11:30AM. Homeless help, free clinic.  advancechc.org

Alliance Medical Ministry  250-3320
101 Donald Ross Dr. (Near Wake Med.) Affordable healthcare for uninsured clients. Someone in household must be employed. Bring 2 pay stubs.  alliancemedicalministry.org

Dental Health for Wake County  250-4610

Johnson Optometric  552-3181
1340 N. Main St. Fuquay. M-F 8-5:30. To apply for low-cost or free eye-care, ask receptionist for Lions Club form.  johnsoneye.com

NCMedAssist  704-536-1790
Call M-F 8-4:30. Statewide prescription assistance program.  medassist.org

NeedyMed  (800) 503-6897
Website of free info on programs that help people who can’t afford medications and healthcare costs.  needymeds.org

Open Door Clinic  832-0820
1390 Capital Blvd. Mon-Thurs 8:30AM-8PM by appointment only. Low-cost health care/prescriptions for the uninsured. Call on Sundays 8AM-8PM. Part of Urban Ministries of Wake County.  urbanmin.org

Smart NC  855-408-1212 (toll free)
430 N. Salisbury St. Free help with questions & problems regarding any type of health insurance.  ncodi.com

Category continued on page 5
RESOURCE GUIDE pg. 5

MEDICAL ASSISTANCE

Urban Ministries of Wake County
836-1642  1390 Capital Blvd.
M-F 9AM-1PM. Prescription assistance. Must be Wake County resident. May be served one time every 3 months. Referral to other resources for months in between.

MENTAL HEALTH/ SUBSTANCE ABUSE

Alliance Behavioral Healthcare
(800) 510-9132  Call 24/7.
Mental health, developmental disabilities and substance abuse services of Wake County.

Catholic Charities
790-8533  3000 Highwoods Blvd. Individual, family, marital, and group counseling. Fee based on a sliding scale.

Cornerstone PATH Programs
508-0777  220 Snow Ave. Mon. Tue. Thur. Fri. 8AM-noon and 1PM-5PM; Wed 1PM-5PM. Counseling, case management and crisis intervention for homeless individuals.

Fellowship Health Resources
573-6520  5509 Creedmoor Rd. M-F 9AM-5PM.
Mental health/drug abuse help.

Healing Transitions
838-9800
Women’s facility: 3304 Glen Royal Rd; Men’s facility: 1251 Goode St. Help, health care and emergency shelter for homeless clients w/substance addictions.

Southlight
787-6131
For appointments, call M-F 8AM-5PM.
Walk-ins at 3125 Poplarwood Cl., Ste. 150: Mon. & Wed. 11AM-3PM.
Walk-ins at 2101 Garner Rd. Ste. 103: Mon.-Thur. 7AM-1PM. Services for youth & adults w/addictions.

Wake County Women’s Center
829-711  112 Cox Ave.
Day shelter for single women and families. Financial help and rehousing. HIV/ STD testing and counseling twice a month.

UNC Healthcare Addiction Treatment Center
1-984-974-4830
107 Sunnybrook Rd. Assessment and services for mental illness, developmental disability or addiction. Call before going to see if they’re full.

AGING

Citizens Well Check Program
856-6495
Program that automatically checks on participating Wake County seniors, by phone, 365 days a year.

Resources for Seniors
713-1556  872-7933
1110 Navaho Dr. M-F 8-5. In-home services and helpful information.

The Center for Volunteer Care Giving
460-0567  1150 SE Maynard Rd.
Ste. 210, Cary. M-F 8:30-5. Caregiver support, transportation services and in-home connections for seniors and disabled adults.

DISABILITY

C.A.P. (Client Assistance Program)
855-3600  805 Ruggles Dr.
M-F 8AM-5PM. Helps disabled individuals understand and use rehabilitation services.

Community Partnerships, Inc.
781-3616  3522 Haworth Dr.
M-F 8:30AM-4:30PM. Helping those with disabilities or substance abuse issues through programs such as: Supported Employment, Early Intervention, Brain Injury Support Services.

Exceptional Children’s Assistance Center
571-8092  4601 Lake Boone Trail, Ste. G.
Information and support for families of children with disabilities and special health care needs.

First In Families of NC
571-8092 x416
or (866) 740-4135. Wake County Chapter. Support for any family in which one family member has a developmental disability or delay, or is at risk of the same, or has a traumatic brain injury.

The Center for Volunteer Care Giving
460-0567  1150 SE Maynard Rd.
Ste. 210, Cary. M-F 8:30-5. Caregiver support, transportation services and in-home connections for seniors and disabled adults.

HOME REPAIRS

Resources for Seniors
872-7933
1110 Navaho Dr. M-F 8-5. Health and safety-related repairs for Wake County residents age 55+.

GRANDPARENTS

Kinship Caregivers
250-4597
220 Swinburn St Room 2011. M-F 8:30-5. Information and links to useful programs for relative caregivers who get Work First Family Assistance for the children in their care.

Please send information updates for this list to: exec@faces-cares.org. Thank you.

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