



HOUSING

EMERGENCY SHELTERS

- **Wake County Coordinated Intake.** Hotline for info on area shelters. 919-861-1195. Website URL http://www.wakegov.com/humanservices/housing/services/Pages/homeless_services.aspx
- **Cornerstone Homeless Multi-Service Center.** Laundry, showers, travelers' aid, social services, employment services & more. 220 Snow Avenue, Raleigh. 919-508-0777. Website <http://www.wakegov.com/humanservices/housing/services/Pages/cornerstone.aspx>
- **Wilmington Street Men's Shelter.** Men 18+. 1420 S. Wilmington St., Raleigh. 919-857-9428 <http://www.wakegov.com/humanservices/locations/swsc/Pages/default.aspx>
- **Raleigh Rescue Mission.** Men, women, & families. 314 E. Hargett St., Raleigh. 919-828-9014 <https://www.raleighrescue.org/>
- **Durham Rescue Mission.** Men – 1201 E. Main St. Women & families – 507 E. Knox St., Durham. 919-688-9641 <https://www.durhamrescuemission.org/>
- **Urban Ministries of Durham.** 410 Liberty St., Durham. Men, women & families. 919-682-0538 <http://umdurham.org/>
- **Salvation Army.** Women & children only. 1863 Capital Blvd, Raleigh. 919-834-6733 <https://www.salvationarmycarolinas.org/wakecounty>
- **Helen Wright Center.** 401 W. Cabbarus St., Raleigh. Women only. 919-833-1748 <https://www.urbanmin.org/helen-wright-center/>
- **The Women's Center.** 112 Cox Ave., Raleigh. Day shelter. Lunch M/W 11:30-12:30. 919-829-3711 <https://www.wcwc.org/>
- **Wake Interfaith Hospitality Network.** Homeless working families. Appointments: 919-832-6024 <https://www.familypromisewake.org/>
- **Interact.** Women & children escaping domestic violence. 24-hr. Crisis Line: 919-828-7740 <http://www.interactofwake.org/>
- **Wrenn House.** Shelter for young people, 10-17. 908 W. Morgan St, Raleigh. 919-833-7866 <https://www.havenhousenc.org/programs/crisis-homeless-programs/wrenn-house/>

TRANSITIONAL HOUSING: 3 Months temporary housing & case management for working families.

- **Pan Lutheran Ministries.** Transitional & re-housing programs. 501 New Bern, Raleigh. 919-212-8607
- **Triangle Family Services.** Re-housing programs. 919-821-0790 <https://tfsnc.org/>
- **The Caring Place.** Transitional housing program for working families. 919 Kildare Farm Rd., Cary 919-462-1800 <http://www.thecaringplace.org/>
- **The Healing Place (Men).** 1251 Geode Street, Raleigh. 919-838-9800 <https://healing-transitions.org/>
- **The Healing Place (Women).** 3304 Glen Royal Road, Raleigh. 919-838-9800 <https://healing-transitions.org/>

- **Raleigh Rescue Mission (Men)** Program towards job readiness & self-sufficiency. 919-828-9014 314 East Hargett St., Raleigh
<https://www.raleighrescue.org/>
- **Salvation Army.** Women & children only. 1863 Capital Blvd, Raleigh. 919-834-6733
<https://www.salvationarmycarolinas.org/wakecounty>
- **Epiphany House (Women's Center of Wake County).** Single women only. 112 Cox Ave., Raleigh. 919-829-3711
<https://www.wcwc.org/>
- **PLM Families Together.** 908-101 Plainview Drive. 919-212-1123 or 919-836-9191
<https://familiestogethernc.org/>
- **Passage Homes.** 513 Branch St., Raleigh. 919-834-0666
<https://www.passagehome.org/>

FINANCIAL

- **Wake County Human Services.** 220 Swinburne Ave., Raleigh. Crisis financial assist. 919-212-7000
<http://www.wakegov.com/humanservices/locations/swinburne/Pages/default.aspx>
- **First Presbyterian.** Must be working or have proof of disability. 120 W. Hargett, Raleigh. Call Tues. for apt. 919-833-4070
<http://www.fpcraleigh.org/worship-and-ministries/outreach-at-fpc/>
- **Doorstep Ministries.** 228 W. Edenton St., Raleigh. Call Monday morning. 919-832-9530
<http://www.esumc.org/doorstep-ministry/>
- **White Oak Foundation.** 1621 Oak Church Rd., Apex. Call for appointment. 919-362-6799
<http://whiteoakfoundationnc.org/>
- **United Way Hotline.** Referral to other agencies. 1-888-892-1162
<http://www.unitedwaync.org/nc211>
- **Dorcas Ministries.** Dorcas-cary.org. 187 High House Rd., Cary. 919-469-9861
<http://dorcas-cary.org/>
- **Holy Name of Jesus Cathedral.** 715 Nazareth St., Raleigh 27606. 919-832-6030
<http://www.holynamecathedralnc.org/>
- **North Raleigh Ministries.** Crisis financial assistance. 9650 Strickland, Raleigh. 919-844-6676
<http://www.northraleighministries.com/>
- **Church Net.** 121 E. South Ave., Wake Forest. 919-569-0020
<http://churchnetfoundation.net/>
- **Western Wake Crisis Ministry.** 1600 Olive Chapel Road, #408. 919-362-0657
<http://wwcm.org/>
- **Triangle Family Services.** 3937 Western Blvd., Raleigh. Financial services. 919-821-0790
<https://tfsnc.org/>
- **Consumer Education Counseling.** Free credit counseling. 866-635-7121
<https://www.cesisolutions.org/>
- **Stomp the Monster, NC.** PO Box 132, Cary, NC 27518-0132. 919-818-4178
<https://stompthemonsternc.org/about/>

LEGAL SERVICES

- **Legal Aid of North Carolina.** Call or apply on-line. 919-828-4647
<http://www.legalaidnc.org/>
- **Centro Para Familias Hispanas**-Hispanic Family Center. Legal, medical, job resources. 919-837-0094
<http://www.cpfhraleigh.org/>

FOOD and CLOTHING

- **Dorcas Ministries.** Dorcas-cary.org. 187 High House Rd., Cary. 919-469-9861
<http://dorcas-cary.org/services/food-pantry/>
- **Food Stamps:** Wake Co. Human Services. 220 Swinburne Ave., Raleigh. 919-212-7000.
<https://epass.nc.gov/CitizenPortal/application.do>
- **White Plains Food Ministry.** 313 SE Maynard Rd., Cary. Thursdays 4-5:30. 919-467-9394
<http://wpumc.com/serve/food-pantry-ministries/>
- **North Raleigh Ministries.** 9650 Strickland, Raleigh. 919-844-6676
<http://www.northraleighministries.com/>
- **Urban Ministries Food Pantry.** 1390 Capital Blvd., Raleigh. Mon-Fri: 9am-1pm. 919-834-4707
<https://www.urbanmin.org/>
- **Catholic Parish Outreach.** Food & Clothing. Written referral. Mon-Sat: 10am-1pm. 919-837-0245
<http://www.cporaleigh.org/>
- **Shepherd's Table.** Hot meals. 121 Morgan St., Raleigh. Mon-Fri: 11am-noon. 919-931-2010
<http://www.shepherds-table.org/>
- **With Love From Jesus.** Food & clothing. 421 Chapanoke Rd., Raleigh. Tu/W/F/Sat: 10am-noon. 919-233-8010
<http://www.withlovefromjesus.org/>
- **First Baptist of Raleigh.** Clothing. 99 N. Salisbury St. Wed: 10-11:30, Thurs: 1-2:30. 919-832-4485
<https://fbcraleigh.org/>
- **Food Bank of Central & Eastern NC.** 1924 Capital Blvd, Raleigh. 919-875-0707. To find a partner agency near you, go to <http://foodbankcenc.org>, and click on Find Help.

HEALTHCARE

MEDICAL

- **Dorcas Ministries Programs.** 187 High House Rd., Cary. 919-469-9861
<http://dorcas-cary.org/>
- **Advance Community Health.** Address all medical/dental healthcare needs. 919-833-311
<https://www.advancechc.org/>
- **Open Door Clinic & Pharmacy.** 1390 Capital Blvd., Raleigh. Appointment: 919-832-0820
840 Seamark Dr., Raleigh. Pharmacy assistance. 919-834-4707
<https://www.urbanmin.org/open-door-clinic/>
- **Alliance Medical Ministry.** Working & not insured. 101 Donald Ross Dr., Raleigh. 919-250-3320
<http://www.alliancemedicalministry.org/>
- **Rx Assist.** Helps seniors who qualify with prescriptions. 1-888-488-6279
<http://www.rxassist.org/>
- **SHIIP-Senior Health Insurance Information Program.** Help for qualifying seniors. 800-443-9354
<http://www.ncdoi.com/SHIIP/>
- **Mariam Clinic.** Free for low-income uninsured adults. 3126 Blue Ridge Road, Raleigh. 919-824-4672
<http://www.mariamclinic.org/>
- **Wake Teen.** Comprehensive care for patients ages 10-23. 919-828-0035
<https://pj.news.chass.ncsu.edu/2011/06/03/wake-teen-medical-services-closes/>
- **Lions Club of Raleigh.** Assistance with eye exams, glasses, & hearing aids. 919-833-8611
<http://e-clubhouse.org/sites/northraleighnc/contact.php>

MENTAL HEALTH

- **WAKE COUNTY CRISIS STABILIZATION CENTER.** 24-hour mental health assessment & referrals. No appointment needed. 107 Sunnybrook Rd., Raleigh. 919-250-1260 or 1-800-510-9132
<http://www.wakegov.com/humanservices/locations/wakebrook/Pages/default.aspx>
- **NAMI.** Support services for those affected by mental illness. 919-848-4490

<http://www.nami-wake.org/>

RECOVERY

- **Healing Transitions.** Free residential drug & alcohol recovery programs. Raleigh. 919-838-9800
<https://healing-transitions.org/>
- **TROSA.** Free residential drug & alcohol recovery programs. Durham. 919-419-1059
<http://www.trosainc.org/>
- **Hope-Believe.** Free residential drug & alcohol recovery program. 919-682-0538
<http://www.umdurham.org/what-we-do/hope-believe-recovery.html>

DENTAL

- **Advance Community Health.** Dental care for adults & children. 919-833-3111
<https://www.advancechc.org/>
- **NC Missions of Mercy.** Free dental clinics across NC. 919-234-4037
<http://www.ncdental.org/for-the-public/nc-mom>
- **NC Baptist Dental Bus.** Free mobile dental clinics. 800-395-5102 ext. 5596
<https://baptistsonmission.org/Mission-Projects/By-Mission-Type/Medical-and-Dental/Medical-Dental-Bus>
- **Wake Tech Dental Hygiene.** Some fees apply. 2901 Holston Ln, Raleigh, 2nd floor. 919-747-0216
<https://www.waketech.edu/programs-courses/credit/dental-hygiene/patient-information>
- **Wake Smiles.** Serves low-income, uninsured adults with referral. 1863 Capital Blvd. 919-390-6497
<https://www.wakesmiles.org/>
- **Dental Health of Wake County.** 10 Sunnybrook Rd., Raleigh. Preventative services & treatment on sliding scale, & free for children up to age 5. 919-250-4610
http://wake.nc.networkofcare.org/mh/services/agency.aspx?pid=WakeCountyHumanServicesDentalClinic_1458_2_0

TRANSPORTATION

- **Allen's Transportation Service.** Provides transportation for seniors, handicapped, and homeless. Free, donations accepted. 919-610-3285
- **Go Raleigh Transit.** Free bus service to 65+ with Go Raleigh ID. 919-485-7433
<https://goraleigh.org/>
- **Accessible Raleigh Transportation.** Transportation services for ADA qualified persons with disabilities. 919-828-7228
- **Triangle Transit Authority.** Reduced fare for Medicare, VA, or any transit system disability card holders. 919-549-9999
<https://gotriangle.org/>
- **TRACS.** Transportation services for Wake Veterans, Mon.-Sat., at a cost of \$2-\$4. 919-212-7005
<https://waketrams.com/>
- **Go Cary.** Fixed route and door-to-door transportation service for Cary residents. ½-price rates for persons 65+. 919-485-7433 for fixed route info. 919-481-2020-x3 for door to door.
<http://www.townofcary.org/services-publications/transit/gocary>

EDUCATION & TRAINING

- **Transitions Guiding Lights.** The mission of Guiding Lights is to be the comprehensive caregiver support center for family and professional caregiving. 919-371-2062
www.guidinglightsnc.org
- **Alzheimer's of NC.** Alzheimer's North Carolina is dedicated to providing education, support and services to individuals with dementia, their families, health care professionals and the general public

while raising awareness and funding for research of a cause(s), treatment, prevention and cure for Alzheimer's disease and related dementias. (800)-228-8738

www.alznc.org

- **Resources for Seniors.** Resources for Seniors serves senior and disabled adults in Wake County, NC, by providing home- and community-based services and information so that they can maximize their choices for independence, comfort, safety, security and well-being. We provide information and support for decision-making, and also direct services such as home care, adult day care, senior centers, home repair, and more. We are committed to excellence in service and care for individuals and their families. 919.872.7933
www.resourcesforseniors.com
- **Center For Volunteer Caregiving.** To engage the community in providing volunteer services to improve the lives of seniors, caregivers, and adults with disabilities. (919) 460-0567
www.volunteercaregiving.org
- **Wake Tech Community College.** Free ESL & GED classes. Free Human Resource Development classes for unemployed/under-employed. Hundreds of training programs.
<https://www.waketech.edu/>
- **Step Up Ministry.** Job readiness for entry-level employment. Register online. 919-781-0156
<https://www.stepupministry.org/>
- **Dress for Success.** Job readiness program & career clothing closet for women. 919-286-2128
<https://dressforsuccess.org/>
- **Kramden Institute.** Computer skills training. 919-293-1133
<https://kramden.org/>
- **Childcare Resources.** Help finding childcare for children birth to age 5. 855-328-5933
- **Vocational Rehab.** Employment services for those with disabilities. 919-855-4800
<https://www.ncdhhs.gov/divisions/dvrs>

CRISIS HOTLINES and HELPLINES

- **Alcoholics Anonymous.** 919-783-6411
<https://www.aa.org/>
- **Al-Anon.** 919-713-1516
<http://al-anon.org/>
- **Birthchoice.** Pregnancy help. 919-781-5423
<http://birthchoicewake.org/>
- **Carolina Poison Control.** 1-800-222-1222
<http://www.ncpoisoncenter.org/>
- **Child Abuse Hotline.** 1-800-422-4453
<https://www.childhelp.org/hotline/>
- **Drug Helpline.** 1-800-662-4357
<https://www.samhsa.gov/>
- **Gay and Lesbian Helpline.** 919-821-0055
<https://www.lgbtcenterofraleigh.com/>
- **Holly Hill RESPOND.** Psychiatric, addictive disease, and mental health helpline. 919-250-7000 and 800-447-1800
<https://hollyhillhospital.com/>
- **Hopeline.** Hotline for suicide and depression. 919-231-4525
<https://www.hopeline-nc.org/>
- **Interact Domestic Violence Hotline.** 919-828-7740
<http://www.interactofwake.org/>
- **Interact Rape Crisis Hotline.** 919-828-3005
<http://www.interactofwake.org/>

- **National Suicide Prevention Hotline.** 1-800-273-8255
<https://suicidepreventionlifeline.org/>
- **Teen Talk Line.** 919-231-3626
<http://www.itsok2ask.com/default.aspx>