

SOUTHERN WAKE COUNTY RESOURCE GUIDE (UPDATED MAY 2010)

General Assistance	Mental Health/Substance Abuse	Health Assistance	Emergency Financial Assistance
<p>Wake County Human Services 212-7000 Combined social services, health, and mental health agency. Provides child welfare, health, disability, mental health, substance abuse, veteran, homeless, and winter emergency assistance and employment services.</p> <p>United Way 211 2-1-1 or 1-800-831-1754 24-hour human service information Careline—8am-5pm, Mon -Fri. 1-800-662-7030 Lifeline/Link-Up/1-888-757-6500 Low income telephone service Information and referral hotline Assurance Wireless-1-888-898-4888 Free cell phones for low income</p>	<p>Catholic Charities 790-8533—3000 Highwoods Blvd Individual, family, marital, and group counseling for mental health needs. Fees based on a sliding scale.</p> <p>Cornerstone PATH programs 508-0777 —Serves homeless individuals with mental illness and substance abuse issues.</p> <p>SouthLight -787-6131 3117 Poplarwood Court, Ste. 326 Programs and services for youth and adults with addictions.</p> <p>Wake County Evaluation and Emergency Services—250-3133 3000 Falstaff Rd 24-hour evaluation for mental health issues. Alcoholism treatment center with inpatient and outpatient services.</p> <p>Triangle Family Services -821-0790 3937 Western Blvd. Family, marital, and individual therapy.</p> <p>Wake Teen—828-0035 505 Oberlin Road, Suite 204 Counseling, nutritional assessments, and health education for children and teens.</p> <p>The Healing Place 838-9800 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>Fellowship Health Resources, Inc. 573-6520 - 4112 Blue Ridge Rd</p> <p>Wake County Human Services Alcoholism Treatment Center 250-1500</p>	<p>Alliance Medical Ministry 250-3320—2610 New Bern Ave., Raleigh—Offers affordable medical care and health education. Must be employed. Bring at least 2 pay stubs NEW: Alliance Acute Care and Same Day Clinic—\$25.00 at time of service. Colds, and other non-life threatening illnesses; no cuts, sprains. Call for eligibility. Crisis Intervention Prescriptions 834-4707 Financial assistance for written prescriptions once every 3 months for individuals without insurance.</p> <p>Open Door Clinic—832-0820 1390 Capital Blvd. - Tues, Thurs. Call at 9:00am. Opens at 5:00pm. Free medical care and Rx for individuals without insurance</p> <p>Wake Health Services, Inc. 833-3111 or 231-3180 (Pediatrics) 362-5201 (Apex) 3 locations. Call for directions. Affordable healthcare and pediatric services for uninsured (Medicare Part-B allowed).</p> <p>Dental Health for Wake County 250-4610 or 250-4610 (children) 10 Sunnybrook Rd., Raleigh Preventative services and treatment on a sliding scale. Free services for children up to age 5.</p> <p>Wake Teen - 828-0035 505 Oberlin Road, Suite 204, Raleigh Counseling, nutritional assessments, health education for children and teens.</p> <p>Senior Prescription Assistance 1-888-488-6279 Information about NC Rx, which helps seniors who qualify with prescriptions.</p> <p>Basic Needs Ministry 661-6565—Wake/Johnston Co. 533 NC 42 W., Garner Discount drug prescription cards.</p>	<p>Wake Co. Human Services, Southern Regional Center—557-2501 Judd Parkway, SE, Fuquay-Varina Mon – Fri 8:00am – 5:00pm, must register by 4:30pm. Crisis financial assistance provided for fuel assistance, transportation, medications, eyeglasses, and other emergency services. Assessment, counseling, and information referral services also offered.</p> <p>Southern Wake Faith Community in Action (SWFCA) - 567-8100 Tues and Thurs. 9:00-11:45 am. Fuquay-Varina and Willow Spring residents of Wake County only. Applications for fuel, rental, medications and other one-time emergencies. Bring income verification and documents supporting your household financial emergency.</p> <p>Western Wake Crisis Ministry Fuquay or Willow Spring residents must get SWFCA referral 362-0657 Mon—Thur. 10am—1pm 103 1/2 E. Chatham St., Apex Provides emergency financial aid for residents of Apex, Holly Springs, Friendship, & New Hill. Garner Area Ministries 772-9100 558-562 Village Court, Garner Mon-Friday 9-12 Serves zip codes : 27529, 27603,27610</p> <p>Community of Hope Ministry 779-6679—Serves zips 27529/27603 Food, rent, utilities, RX, lodging, transportation, special needs</p> <p>St. Francis UMC/Cary 362-1666 X 229 Raleigh zip code 27606; serving Cary, Apex, Holly Springs, Morrisville only</p>
Crisis Hotlines			
<p>Alcoholics Anonymous 783-6144 Information about AA meetings and alcoholism</p> <p>Al-Anon 713-1516 For family members of those dealing with alcoholism</p> <p>Birthchoice - Pregnancy Help 781-5423 3820 Merton Dr, Ste 219, Raleigh</p> <p>Carolina Poison Control Center 1-800-222-1222</p> <p>Child Abuse Hotline 1-800-4ACHILD</p> <p>Drug Helpline (U.S. DHHS) 1-800-662-HELP</p> <p>Holly Hill RESPOND 250-7000 or 1-800-447-1800 24-hour mental health and substance abuse evaluations</p> <p>HopeLine 231-4525 24-hour local crisis and suicide prevention hotline</p> <p>Interact Domestic Violence Hotline 828-7740 24-hour hotline for survivors and victims of domestic violence</p> <p>Interact Rape Crisis Hotline 828-3005 24-hour hotline for survivors and victims of sexual assault and rape</p> <p>Lifeline 1-800-273-TALK National suicide prevention hotline</p> <p>Teen Talk Line 231-3626 24-hour crisis line for teens</p>	Transportation Assistance	Other Resources	
	<p>Wake Coordinated Transportation Services—TRACS 212-7005 For elderly (60+) and disabled. Need to provide proof of age or disability. Mon.—Sat. Cost \$2—\$4 Call for more information.</p> <p>Triangle Transit Authority 549-9999</p>	<p>Centro Para Familias Hispanas (Hispanic Family Center) 873-0094 2539-C Noblin Rd., Raleigh Provides information, resources and referrals, classes, workshops, and counseling. Call for appointment.</p> <p>Job Link Career Center 250-3770 220 Swinburne St., Raleigh Southern Regional Center— Fuquay</p> <p>Resources for Seniors 872-7933 In-Home Services.</p> <p>The Women's Center 829-3711 128 E. Hargett St., Raleigh Services, programming, and employment resources for women. HIV/AIDS testing and counseling on Monday</p>	
	FINANCIAL COUNSELING		
	<p>Triangle Family Services 821-0790 Financial assistance, counseling and education.</p>		
			<p>RALEIGH AREA NONPROFITS</p> <p>First Presbyterian Church 833-4070 120 West Hargett St, Raleigh, Apt. only Call Monday at noon or Tuesday at 9:30am. Financial assistance is provided once a year for rent, utilities, and other needs of those employed.</p> <p>Salvation Army - 834-6733 215 S. Person St., Raleigh Appointment two weeks in advance Call Friday 8am appointments. Need final notice on utilities or eviction notice for rent. NC Photo ID and SS Card required. May receive assistance once per year.</p> <p>Sacred Heart Cathedral -Social Concerns Office- 865-8973 16 N. Dawson Street, Raleigh You must call first call to see if they are accepting appointments. Listen carefully to phone instructions. Reapply within 6 months.</p> <p>Edenton Street United Methodist Church - 832-7535 228 W. Edenton Street, Raleigh.</p>

Please call ahead to find out if there are any changes in the schedule or eligibility requirements

SOUTHERN WAKE COUNTY RESOURCE GUIDE (UPDATED MAY 2010)

Shelters	Transitional Housing	Clothing Assistance	Free Food Assistance
<p><u>Helen Wright Center</u> 833-1748 401 Cabarrus St Emergency and transitional housing for women. Must call/stop by every morning to stay on waiting list.</p> <p><u>South Wilmington Street Center</u> 857-9428 1420 S. Wilmington St Emergency shelter for men 24/7. Lunch is every day from 11:30am – Noon</p> <p><u>The Healing Place (men)</u> 838-9800 1251 Goode St Emergency shelter/transitional housing for men who enroll in substance abuse program. Must be at S. Wilmington Center for pick-up (no walk-ups).</p> <p><u>The Healing Place (women)</u> 838-9800 3304 Glen Royal Rd Same as men's program (no pregnant women in detox/recovery program). Must be at Women's Center on Blount/Hargett by 3:15 PM for pick-up.</p> <p><u>Raleigh Rescue Mission</u> 828-4980 (women) 828-9014 (men) 314 E. Hargett St 8-month program towards job readiness and self-sufficiency. Emergency shelter for women with children (boys under 10)</p> <p><u>Wake Interfaith Hospitality Network</u> 832-6024 903 Method Rd Short-term shelter for couples with or without children, or single women with children. Intake hours Mon – Thurs 9:00am – 5:00pm</p> <p><u>Wrenn House</u> 833-7866 908 W. Morgan St shelter for young people (age 10-17).</p> <p><u>Interact</u> 828-7740 Women & children</p>	<p><u>Salvation Army</u> 834-6733 Transitional housing for women and children. No boys over 10 years.</p> <p><u>A Caring Place</u> 462-1800 Transitional shelter for working families with children. Must be employed and working full-time, and homeless or at risk of becoming homeless.</p> <p><u>Epiphany House</u> 829-3711. Transitional shelter for women with children. Requires referral from mentor Advocacy Program at the Women's Center</p> <p><u>Families Together</u> 212-1123 Transitional housing and support services to assist families in achieving self-sufficiency. Life skills program, live-in resident manager, minimal monthly program fee. Must be employed or in an educational/training program.</p> <p><u>Step-Up Ministry</u> 781-0156 Transitional shelter for employed homeless families. Adult family member must be working at least 35 -40 hours per week, no felony record within 7 years, age 21+. Tuesday night meeting required. Call to register for orientation week.</p> <p><u>Passage Home</u> 873-0110 Transitional shelter for working, homeless families. Must be at least 21 years of age, and must be working at least 32 hours per week or have strong recent work history. Must have at least 6 mo. Clean history of substance abuse. Resident must save \$300 mo.</p>	<p><u>St. Augusta Missionary Baptist Church</u>—605 Bridge Street. Deacon's clothing ministry. Every Saturday 9 to 1pm except the third Saturday.</p> <p><u>With Love from Jesus</u> 233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat; 10am—12pm; No referral needed</p> <p><u>Fuquay Varina United Methodist Church—Clothing Closet</u> 552-4331—100 Judd Parkway, SE, Once a quarter free clothing give away. Saturday 8:00 to 11:00am. Call for dates held.</p> <p><u>Salvation Army</u> 834-6733 215 S. Person St., Raleigh Thu 9:00am – 11:00am.; Serves first 25 people. NC photo ID and SS card for all family members receiving assistance.</p> <p><u>Brooks Avenue Church of Christ</u> 821-2400 700 Brooks Avenue, Raleigh Second and fourth Saturday of every month. 9:00am– Noon. No referral required.</p> <p><u>Catholic Parish Outreach</u> 873-0245 2013 N. Raleigh Blvd., Raleigh Mon - Sat 10:00am – 1:00pm. Referral required. Clothing for infants and young children 4 and under, and maternity wear. SS card or id required for all receiving assistance.</p> <p><u>Garner Area Ministries</u> 772-9100 885 Hwy 70 West, Garner Garner residents only. Mon, Wed, Thurs & Fri 9:00am—Noon Food and financial assistance available.</p> <p><u>Helping Hand Mission</u> 829-8048 623 Rock Quarry Rd. Raleigh, NC. Mon – Fri 10:00am – 7:00pm</p> <p><u>Pregnancy Life Care Center</u> 1001 Navaho Dr. 11am-2pm Clothing for expectant women and baby. 9 N. Salisbury St., Raleigh Wed 10-11:30 am, Thurs 1-2:30 pm Free Clothing</p>	<p><u>Fuquay-Varina Emergency Food Pantry</u> -552-7720 216 W. Academy St. Tues 9 –11:45/am Thus 2:00 – 5:45pm. Serves Fuquay-Varina, Willow Spring, Holly Springs, Apex residents of Wake County. Once monthly.</p> <p><u>Western Wake Crisis Ministry</u> 362-0657 103 1/2 E Chatham St., Apex Mon, Tue, Wed, Thu 10AM – 1PM <i>Fuquay residents must get referral for food from SWFCA..</i></p> <p><u>Neighbor to Neighbor Food Ministry</u> 577-9253 - Call for Appointment 2105 NC Highway 42, Willow Spring</p> <p><u>Basic Needs Ministry—Wake/Johnston Co.</u> - 661-6565 5533 NC 42 W. Unites D96-100 Behind Bojangle's— Mon and Sat</p> <p><u>Catholic Parish Outreach</u> 873-0245 2013 N. Raleigh Blvd, Raleigh Mon - Sat 10:00am – 1:00pm. Referral required. SS card or id req'd.</p> <p><u>Garner Area Ministries</u> 772-9100 885 and 889 Hwy. 70, Garner Mon-Fri 9:00am-12:00pm</p> <p><u>Salt and Grace Ministries</u> 577-0790 -201 Holly Springs Rd. They deliver food to clients. Apex, Holly Springs, Willow Spring residents only.</p> <p><u>Salvation Army</u> 834-6733 - 215 Person St., Raleigh Tues/Thurs at 12:30, 1st 20 people only. ID for all family members required. No referral required.</p> <p><u>Shepherd's Table Soup Kitchen</u> 831-2010 121 Hillsborough St., Raleigh Mon-Fri 11:00AM – Noon Free hot meals. No referral required.</p> <p><u>Urban Ministries Food Pantry</u> 836-1642 1390 Capital Blvd. Raleigh Mon-Fri 9am – 1pm ID for all members of household required. Must be a Wake county resident. May be served one time every 3 months. Referral to CPO for months in between.</p> <p><u>With Love from Jesus</u> 233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am—11:30am / No Referral Required</p>
Household Goods/Furniture			
<p><u>Guardian Angel Thrift Store</u> 567-8152 742 N. Main St., Fuquay-Varina</p> <p><u>With Love from Jesus</u> 233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am —11:30am No Referral Required</p> <p><u>Helping Hand Mission</u> 829-8048 623 Rock Quarry Rd. Raleigh, NC. Mon – Fri 10:00am – 7:00pm</p>			
Low Cost Thrift Stores		Low Cost Food Assistance	
<p><u>Interact's Pass It On Too</u> Fuquay-Varina—557-8020 309 S. Main St Raleigh—865-1601 1012 Oberlin Rd. <u>Guardian Angel Thrift</u> 567-8152 742 N Main Street, Fuquay-Varina <u>Neighbor 2 Neighbor Thrift Store</u> 577-9253 2105 NC Highway 42, Willow Spring</p> <p><u>Salvation Army</u> 779-8867 205 Tryon Rd, Raleigh</p>	<p><u>Compassion Thrift & Consignment 1-</u> 800-541-7837 6021 S. NC 55 Highway, Fuquay-Varina</p> <p><u>Dorcas Thrift Shop</u> 469-9861 1231 NE Maynard St. Cary <u>Mustard Seed</u> 828-1166 1504 Newbern Ave., Raleigh</p>	<p><u>Basic Needs Ministry—661-6565</u> Free and low cost clothes, Garner</p> <p><u>Vietnam Veterans</u> 832-8387 2409 Crabtree Blvd., Raleigh</p> <p><u>Goodwill Industries</u> 834-0504—Raleigh Hargett / Davis Circle / Capital Blvd.</p>	<p><u>Angel Food Ministries</u> 552-4147 In Fuquay at Wake Chapel Christian Church 905 Wake Chapel Rd. Call to order. Order monthly - \$30.00 / Food value = \$70.00. Food stamps accepted.</p>
			<p>Resource list compiled by Southern Wake Faith Community in Action</p> 