

RESOURCE GUIDE (MAY 2025)

compiled by



General Assistance	Mental/Substance Assistance	Health Assistance	Financial Assistance												
<p>Wake County Human Services 919-212-7000 220 Swinburne St. Raleigh Child welfare/health/disability/mental health/ substance abuse/veteran/homeless/winter emergency assistance/employment services.</p> <p>United Way 211 2-1-1 or 1-800-831-1754 24-hour human service information and refer- rals.</p> <p>Dept. of Health and Human Services 1-800-662-7030 8am-5pm, Monday-Friday Information and referral hotline.</p>	<p>Catholic Charities 984-238-2351 3000 Highwoods Blvd. Raleigh Individual/family/marital/ group counsel- ing. Fees based on a sliding scale. Call to schedule appointment</p> <p>Triangle Family Services 919-821-0790 3937 Western Blvd. Raleigh Family/marital/individual therapy by licensed clinicians. Mon—Friday 8am—4pm. By appointment only.</p> <p>The Healing Transitions 919-838-9800 Men, 1251 Goode St. Raleigh. No shelter. Provides non-medical detox & long term treatment. Women, 3304 Glen Royal Rd. Raleigh. Provides non-medical detox, emergency shelter & long term treatment. All home- less & uninsured. Call to be screened to be approved for entry.</p>	<p>UMOpen Door Clinic 919-832-0820 1390 Capital Blvd. Raleigh Medical care /prescriptions for individuals without insurance and don't qualify for Medicaid. 18+/cannot be pregnant.</p> <p>Advance Community Health 919-833-3111 1001-1011 Rock Quarry Rd. Mon-Fri 7am -7pm Offers affordable healthcare and pediatric services to uninsured. For Wake County residents.</p> <p>Alliance Medical Ministry 919-250-3320 101 Donald Ross Dr Raleigh Affordable medical care and health ed Must be employed. Bring at least 2 pay stubs.</p> <p>WCHS Medical Eye Care Program 919-250-4621</p>	<p>First Presbyterian Church 919-821-5750 112 S. Salisbury St. Raleigh By app only Call Tuesday at 9:30am. Provided 1X/year for rent/utilities/other needs of those employed.</p> <p>Assurance Wireless 1-888-321-5880 Free cell phones for low-income clients</p> <p>ChurchNet 919-569-0020 Wake Forest/Youngsville/ Rolesville residents only. Tues & Thurs 9:30a- 12:00; 12:30p - 3pm</p> <p>Dorcas Ministry 919-469-9861 187 High House Rd. Cary Mon-Fri: 11am - 6pm Cary & Morrisville residents only Apex residents need referral form</p> <p>Western Wake Crisis Ministry 919-362-0657 1600 Olive Chapel Ste. 408, Apex Friendship, New Hill, & Holly Springs residents. ONLY 9am—3:30pm Emergen- cy financial aid</p>												
Crisis Hotlines															
<p>Alcoholics Anonymous 919-783-6144 24-hr alcohol abuse hotline. Provides info on local AA meetings</p> <p>RaleighAA.com 919-783-8214 3948 Browning Pl (Rm 347) Raleigh NC 27609 Monday & Sunday CLOSED Tuesday & Saturday 10am—2pm Have resource pamphlets, sobriety chips, meeting locations and more.</p> <p>Al-Anon 919-787-1653 3509 Haworth Dr. #200 Raleigh, NC 27609 Fri-Sunday—CLOSED; Mon-Thur 10am—2pm For family members of those dealing with alcoholism</p> <p>Birthchoice 919-781-5433 Free pregnancy testing, free limited ultra- sound Tue, Wed, Thurs—10am—3pm</p> <p>Carolina Poison Control Center 1-800-222-1222 24-hr poison help line</p> <p>Child Abuse Hotline 1-800-4ACHILD</p> <p>Drug Helpline (U.S. DHHS) 1-800-662-HELP 24-hr treatment referral and information about mental and/or substance use disorders, prevention and recovery.</p>	<p>Fellowship Health Resrcs Inc. 919-573-6520 Mon - Fri 9am-5pm 5509 Creedmoor Rd Raleigh / 222 E. Chatham, Cary/ Drop in Ctr 401 E Whitaker Mill Rd, Ral. Assertive Comm Tr:mt 919-573-6550 Behavioral Hlth Op Clinic: 919-573-6520 Sub Abuse Inten OP Prgm 919-573- 6544 Psychosocial Rehab: 919-573-6534</p> <p>South Light 919-787-6131 Programs/Svcs for youth/adults with addiction.</p> <p>New Leaf Behavioral Health 919-781-8370 3725 National Drive, Suite 220 Raleigh Mon - Thur: 8am—8pm; Fri: 8am—6pm</p> <p>Monarch Behavioral 919-856-4703 /800-510-9132 401 E. Whitaker Mill Rd. Raleigh Mental Health related services</p> <p>UNC STEP Community Clinic 919-445-0350 401 E Whitaker Mill Rd. Raleigh Mon - Friday 8am—4:30pm Treatment of schizophrenia & psychotic illnesses</p>	<p>Public Health Center Services 919-212-7000 (adults) 919-250-4570 (pediatrics) 10 Sunnybrook Rd., Raleigh; Mon-Fri 8am-5pm Pharmacy: Mon-Fri 8am—5pm Primary care for children/healthcare for adults limited to prenatal care, family planning/immunizations/STD testing/ treatment/certain infectious disease treat- ment . Sliding scale fee for the uninsured.</p> <p>Wake Tech Dental Hygiene 919-747-0126 2901 Holston Ln, Raleigh Some fees</p> <p>Mariam Clinic 919-824-4672 1100 NW Maynard Rd #110, Cary Medical Services by appt only (Sundays Only) - 11am-5pm</p> <p>Wake County Dental Clinic 919-250-4610 Appointment Only For kids 1-20 based on family income. Medicaid and NC Health accepted.</p> <p>UNC Dental School 919-537-3737 123 East Dr. Chapel Hill; Mon-Fri 8a-5pm</p> <p>Smile 3D Dental (919) 909-1078 835 Wake Forest Business Park, Wake Forest Mon-Thur 9am - 4pm</p>	<p>Garner Area Ministry 919-772-9100 Mon-Fri 9am - 12 noon Rent/Water/Prescription Medication. Garner residents zip code 27529, parts of 27603 and 27610</p> <p>Hillyer Memorial Christian Church 919-832-7112 Office hours: Mon - Thur 9am—3pm</p> <p>Triangle Family Services 919-821-0970 tfnc.org 3937 Western Blvd. Raleigh Help with housing, finances, mental</p>												
Thrift Stores															
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Food Assistance	Food Assistance	Temporary Housing/Shelters	Transitional Housing
<p>Catholic Parish Outreach 919-873-0245 2013 Raleigh Blvd, Raleigh Mon/Wed/Thurs/ Fri/Sat 9am-Noon No referral or ID needed. Serving Wake, Johnston and Franklin Counties. Eligible One (1) Visit every 30 days.</p> <p>Urban Ministries Food Pantry 919-836-1642 1390 Capital Blvd. Raleigh Mon-Thur. 9am-11am (or capacity reached) Curbside delivery. ID for all members of household required. Must be a Wake County Resident. pantry@urbanmin.org</p> <p>Salvation Army 919-834-6733 1863 Capital Blvd. Raleigh T/Thu at 1pm by appt, no referral required, food distributed once every 3 months. Must be Wake County resident; ID for all family members required.</p> <p>N Raleigh Ministries 919-844-6676 289 E Millbrook Rd Raleigh NC 27604 Residents of: 27604, 27609, 27612, 27613, 27614, 27616. Call for service upon arrival. Open: M/T/Th 10:30 am–2pm and Wednesday 3:30am–7pm</p> <p>Celebration Church (919)954-8800 8700 Capital Blvd. Raleigh, NC 27616 Open: 1st, 3rd and 5th Saturdays from 10 am to 12 noon</p> <p>The Raleigh Dream Ctr (919) 867-4446 4301 Louisburg Rd., Raleigh raleighdreamcenter.org/resources For listing of dates/location of distribution</p> <p>With Love from Jesus 919-233-8010 421 Chapanoke Rd., Raleigh Tues, Wed, Fri, and Sat 10am & 11:30pm No Referral Required</p> <p>Bread of Life Food Pantry 919-266-2957 3328 Forestville Rd. Raleigh N.C. 27616 Food pick-up events on the 3rd Thurs, from 4:00 - 6:00 pm by appt. Walk-ins are accepted but appts preferred.</p> <p>Comunidad Cristiana Hosanna 919-834-4122 204Shelden Dr Raleigh 1st and 3rd Friday every month at 10am. There are no requirements to receive food www.comunidadach.org</p> <p>Trinity Presbyterian Church office@trinitypresbyterianchurch.net 3120 New Hope Road Raleigh Monday-Wednesday, 9 a.m.-12 p.m. No referral required. Users may pick up one bag of non-perishable food per week; the bag can be left outside for pick-up after hours.</p> <p>Alliance of AIDS Svcs Carolina Taylor-Burroughs Market P.L.A.C.E. (Pantry of Love, Acceptance, Care and Equality) 919-834-2437 3109 Poplarwood Ct suite 200, Raleigh, NC 27604 Tues-Thurs: By Appointment Only Fri: Walk-ins 10AM - Noon</p> <p>Wake Relief 919-833-6400 ext. 3 Saint Savior's Center (Bottom Floor) 616 Tucker Street, Raleigh, NC 27603 Mon & Tues1-3pm, Wed 10am-noon every 4th Sat. 10am-12pm No referral required.</p>	<p>Durham Community Food Pantry 919-286-1964 2020 Chapel Hill Rd. Suite 30, Durham No referral required. Serving Durham/ Orange Counties. Open W 10am-1:00pm & 5pm-7pm. Thurs.10am-1pm</p> <p>Tri-Area Ministry Food Pantry 919-556-7144 149 E Holding Ave, Wake Forest, NC 27587 Hrs: Mon & Wed 10 am—1pm drive through service</p> <p>Dorcas Ministry 919-469-9861 ext. 203 187 High House Rd., Cary https://dorcasnc.org/contact/ Mon-Sat 9:00am-3:00pm, Cary / Morrisville: current residents, have a child in the home who attends a public school there, homeless with a most recent permanent address from there.</p> <p>Western Wake Crisis Ministry 919-362-0657 1600 Olive Chapel Rd suite 408 Apex reception@wwcm.org. Contact for an appointment. Choice pantry. Serves Apex, New Hill, active or retired military with proof</p> <p>White Oak Foundation 919-362-6768 1621 White Oak Church Rd Apex Mon-Thu 11am-2pm Serves Apex/Morrisville/Cary. Food Distribution - Wednesday & Friday 12:00 noon to 2:00 pm Curbside service only.</p> <p>The Point Food Pantries 919-467-9159 Various locations Every Saturday 11:00am-Noon No referral req/must live in Wake Co</p>	<p>ACCESS SITES: Oak City Cares (Families, Adult Individuals) 1430 S. Wilmington St. Raleigh, NC 27603 Go Raleigh Bus #21 In-Person ONLY, walk-in basis M-F 9am – 5 pm</p> <p>Haven House (Youth/Young Adults ages 18-24) 1008 Bullard Court Raleigh, In-Person: M-F 9:30 am to 4 pm OR Call (919) 980-2015 Go Raleigh Bus #2 <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>Triangle Family Services 919-821-0790 Shelter & housing services for families. Must go through Coordinated Entry System 919-443-0096 M-F 8am-5pm.</p> <p>South Wilmington Street Center 919-857-9428 1420 S. Wilmington St. Raleigh Emergency shelter for men 24/7. Wake Co Residents Only. Provides long term and short term housing</p> <p>The Healing Transitions 919-838-9800 (Men) 1251 Goode St. Raleigh (Women) 112 Cox Ave. Raleigh Emergency shelters. Must call ahead to be considered for the night. There are different procedures for men and women.</p> <p>Raleigh Rescue Mission 919-828-9014 Coordinator Entry System 919-443-0096 to receive shelter services. Help for men, women, and women with children.</p> <p>Family Promise of Wake Co. 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>Wrenn House 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>Interact 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>Salvation Army Women and Children 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>Cornerstone Center 919-508-0777 220 Snow Ave Raleigh NC 27603</p>	<p>The Caring Place 919-462-1800 Transitional housing for working families w/children 18 years&under be employed full-time homeless &/or risk being homeless. Must call to complete intake form.</p> <p>PLM Families Together Thru direct support/advocacy assist homeless families w/ children that are Wake Co. residents 919-443-0096. Received eviction notice and seeking assistance 919-899-9911</p> <p>Passage Home 919-834-0666 Must call Mondays between 10am-11am for an appointment.</p> <p>AME Incentive Program 919-834-3734 412 Capital Blvd. Raleigh Housing for single men. Shared living space and capacity is 40. Some meals provided, \$60 per week. Must have referral.</p> <p>Helen Wright Center for Women 919-833-1748 Woman only. Must call or visit to put name on waiting list. Each guest contracts initial stay of 2 months.</p> <p>Lutheran Services Carolinas 919-832-2620 4020 Wake Forest Rd. Ste 301 Raleigh Transitional housing for adults with severe and persistent mental illness.</p> <p>Oxford House 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>Wake County Housing Referral Line Managed by Triangle Family Services 919-861-1195 Monday-Friday</p> <p>CASA casanc.org Durham, Chapel Hill, Raleigh and other communities. Provides affordable housing solutions.</p>
	Meal Providers		
	<p>Shepherd's Table Soup Kitchen 919-831-2010 121 West Morgan St. Raleigh, NC 27603 Basement floor of the Church of the Good Shepherd Back of the church is on the corner of Morgan and McDowell St. Mon-Fri 11-Noon. Provides free hot meals. No referral required.</p> <p>Oak City Cares 919-344-9599 1430 S Wilmington St, Raleigh 9am-6pm on Saturday and Sunday for weekend meals (enter at the side entrance)</p>		
	Diapers		
	<p>The Diaper Train 919 833-6400 x222 Provides diapers for those in need. The agency requires referrals. Referrals can be made through Wake County Social Workers, Wake County Public Schools and/or pediatricians. FYI — CPO Cannot be a referral source to this agency since we receive diapers for distribution from the Diaper Bank. Tues: 9am—12 noon Wed: 3pm—5:30pm Thur: 9am—12 noon</p>	Hispanic Programs	Other Resources
		<p>Centro Para Familias Hispanas (Hispanic Family Center) 919-873-0094 2013 Raleigh Blvd. Raleigh Resources /referrals/workshops/ counseling. Call for appointment.</p>	<p>NC Works Career Center 919-250-3770 220 Swinburne St. Raleigh Mon-Thur 8:30am - 5pm, Fri 8:30am - 2pm</p> <p>Resources for Seniors 919-872-7933 1110 Navaho Dr. #400, Raleigh In-Home Services. Mon - Fri: 8am—5pm</p> <p>The Women's Center 919-829-3711 2200 New Bern Ave. Raleigh poverty/homelessness medical/ healthcare/clothing/hygiene/ transportation/job/housing assistance</p> <p>Capital Area NCWorks Career Ctr 919-715-0111</p> <p>Child Care Service Association 919-403-6950 (Durham) 919-967-3272 (Chapel Hill) Child care referrals</p> <p>Vote Riders www.voteriders.org 866-432-8683 Provide voter ID assistance.</p>