

2024 Comprehensive Resource Support List

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Care Resources at Hope Community Church

Care Classes

- We switch these up, but we offer several care classes throughout the year. Examples include: Total Forgiveness, Grieving with Hope, Waiting in Hope (infertility).
- Sign up at gethope.net/classes

Counseling

- We provide in-house biblical support and encouragement as well as referrals to recommended, licensed Christian counselors. Email us: care@gethope.net

Food Pantry

- Run by our Local Hope Ministry. The Raleigh campus hosts a mobile food pantry Wednesdays 12pm. – 6:00pm* and it's open to the public.
- *Call or check website to ensure times are accurate: 919-532-0620 or gethope.net/foodpantry.

Laundry Facilities

- The Raleigh Campus has laundry facilities to use Mon 8:00am-5:30pm, Wed 8:00am-8:00pm, and Thurs 11:00am-3:00pm.
- Pass from the security desk required. Must use High Efficiency (HE) detergent and we ask only 2 small loads at a time.
- *Call to ensure these times are accurate: 919-532-0620.

MEND

- MEND is a ministry for those who have experienced any kind of sexual trauma. There is an 8 week class/support group held 2x/year (Fall and Spring) where participants (currently women only) tackle many of the common residual struggles from their trauma.
- We have additional resources to connect people to (men + women) during any time of the year. gethope.net/mend

Prayer Team

- We have an amazing prayer team who prays for and usually contacts those who submit prayer requests via the website. They meet every Thursday at 10am and the first Thursday of the month. Online prayer requests can be made at gethope.net/needprayer

Showers

- The Raleigh Campus has shower facilities to use Monday (8:00am-5:30pm), Wednesday (8:00am-8:00pm), and Thursday (11:00am-3:00pm)

Unhindered

- Using God's Word & the power of prayer, trained volunteers have a 2 on 1 private meeting with those who feel like they're being hindered by sin. The goal is to get back on course with Christ. gethope.net/care

Visitation Team

- Our Visitation Team is on call to make visits, calls or send cards to those in the hospital, a medical facility or at home. Especially useful for those struggling with long term illness who need encouragement. Submit request at gethope.net/care.

Abuse

Interact Raleigh, NC

- 919-828-7501
- Inspired by the belief that every person has the right to be safe and empowered, Interact envisions a community free from domestic and sexual violence where healthy relationships prosper. Offering crisis hotlines, an emergency shelter, individual and group counseling, court advocacy services, sexual assault services and more.

Hope Connections International Raleigh, NC

- 919-377-1785
- Hope Connection International (HCI) is a multi-faceted recovery and prevention center that connects with organizations worldwide to empower survivors of abuse and addiction by offering free support groups, education, and sponsorships with tailored solutions, along with supportive, long-term housing.

National Domestic Violence Hotline

- (800) 799-7233

National US Child Abuse Hotline

- (800) 422-4453

Addiction

Treatment Programs/Housing

Converting Hearts, Wake Forest, NC

- 919-628-0315
- Faith-based group Home for men with addictions

Healing Transitions, Raleigh, NC

- 919-834-9800
- Offers a long-term recovery program, overnight shelter, non-medical detox and family services
- Specifically aims to be a resource to the homeless, uninsured and underserved individuals with alcoholism and other drug addictions.

Adult & Teen Challenge, national program

- Offers several sites in North Carolina
- For over 60 years, Adult & Teen Challenge has operated on a holistic model of drug and alcohol recovery. It is a faith-based program.

Fellowship Hall, Greensboro, NC

- 800-659-3381
- Offers residential and outpatient programs, as well as family services.

Pavilion, Mill Spring, NC

- 828-383-8268
- Offers a 6 week in patient recovery program, detox treatment and family services

Wilmington Treatment Center, Wilmington, NC

- 866-385-7186
- Offers detox, residential and outpatient programs, a partial hospitalization program (PHP), as well as family services.

Cary Behavioral Health, Cary, NC

- 919-466-7540
- Outpatient help for depression, anxiety, ADHD, bipolar, OCD, PTSD, mood disorders and addiction.

Triangle Springs, Raleigh, NC

- 919-372-4318
- Inpatient and outpatient programs for depression, anxiety, ADHD, bipolar, OCD, PTSD, mood disorders and addiction.

Oxford House

- 1-800-689-9840
- Structured living situation for persons in continued recovery from substance abuse.
- Must fill out an application. Availability varies.

TROSA, Durham, NC

- Free 2-year residential drug and alcohol recovery program
- 919-419-1059

Local Support Groups for Addicts

- [Sexaholics Anonymous \(SA\) Groups](#)
- [Narcotics Anonymous \(NA\) Groups](#)
- [Alcoholics Anonymous \(AA\) Groups](#)
- [Celebrate Recovery Groups](#)

Local Support Groups for Families of Addicts

NAMI (National Alliance on Mental Health)

- NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

PAL (Parents of Addicted Loved ones)

- PAL provides hope and support through addiction education for parents dealing with an addicted loved one.

Al-Anon Groups

- Support groups are offered for people who are worried about someone with a drinking problem.
- (800) 344-2666

National Hotlines

Poison Control

(800) 222-1222

National Institute on Drug Abuse Hotline

(800) 662-4357

Cocaine Anonymous

(800) 347-8998

National Help Line for Substance Abuse

(800) 262-2463

Alcohol Hotline

(800) 331-2900

Alcohol and Drug Helpline

(800) 821-4357

Alcohol Treatment Referral Hotline

(800) 252-6465

Employment

NC Works Career Center

- 855-629-6757
- Resume and job skills support, job listings/fairs

Jobs For Life

- Provides 8-week classes to help prepare people to gain employment.

Networking Women of the Triangle

- Has a board of job listings for women in the Triangle

Step-Up Ministries

- 919-781-0156
- employment and life skills training

Vocational Rehabilitation Services

- 919-855-4800
- Employment services for those with disabilities

Financial Assistance

Dorcas Ministries

- 919-469-9861
- Open 10:00am-1:00pm M-F
- Available to Cary or Morrisville residents only. Must fill out an application (available online), have proof of residence, your SSN or tax ID, photo ID, proof of income for ALL ADULTS in the household, PAST DUE bill or letter, rental lease or mortgage statement, & documentation of a Financial Crisis (defined as a large unexpected necessary expense or sudden dramatic decrease in wages.)

Garner Area Ministries

- 919-772-9100
- Open 9am-12pm M-F
- Available to Garner residents only. Must have proof of residence, photo ID, social security card for all household members, and a past due bill.
- Help with rent, utilities and prescription medications, (as well as food/clothing)

Salvation Army

- 919-834-6733
- M - Th. 8:30am
- Will help 1st 15 people in line. Up to \$100 for utility bill, rent, RX.
- Must bring ID and social, copy of bill, and proof of having paid rest of said bill.

Western Wake Crisis Ministry

- 919-362-0657
- Open 10am - 1pm M-Th
- Available to Apex, Holly Spring residents only.
- Must have proof of residence, current NC ID, PAST DUE bill or letter, and documentation of a Financial Crisis (defined as a large unexpected necessary expense or sudden dramatic decrease in wages.)
- Financial assistance for rent, electric, medical. Food pantry.

Western Wake Human Services

- 919-461-4613
- Offers help with past due utilities, food stamps, Medicaid and more
- Must live in Apex, Cary or Morrisville
- Open Mon-Fri 8:30am-5:15pm

First Presbyterian Outreach of Raleigh

- 919-833-4070
- Call for appt Mon 12pm/Tue 9:30
- "The Friendship Fund" provides financial counseling & aid for medical, rent/electric/water bills.

Wake Energy Assistance

- Provides aid with electricity bills

White Oak Foundation

- To apply for assistance, call 919-362-6799
- Be prepared to provide the following items:
- Valid picture identification (ex. driver's license, state ID)
- Proof of Income of all adult household members or proof of job separation letter.
- Delinquent Letter or most recent Rental Ledger page from rental agency reflecting delinquency of rent.

Food/Clothing

Dorcas Ministries

- 919-469-9861
- Open 10:00am-12:30pm M-F
- Food Pantry. Available to Cary or Morrisville residents only. Must fill out an application, have proof of residence and photo ID.

Salvation Army

- 919- 834-6733
- 1863 Capital Blvd. Raleigh, NC 27604
- Clothing Closet
 - Must call 919- 834-6733 on Mon at 8am to make an appointment for that Wed
 - Helps 35 families per week
 - Able to shop \$30/per person from their shop 1x/6 months
 - Coats are given away as needed from Oct-Feb during appointments
 - Photo ID needed for applicant a social security or tax ID card for every other family member
- Food Pantry
 - Tuesday & Thursday 1pm
 - 1st 50 ppl photo ID for applicant and one form of ID any additional household members (photo ID, health insurance, school record, etc). Can receive 1x/3 months
- Soup Line
 - No photo ID needed.
 - Can come as often as you need. 5pm-6pm Mon-Fri

Urban Ministries of Wake County

- 919-834-4707
- 1390 Capital Blvd Raleigh, NC 27603
- Opens at 9am M-Th
- Can receive help 1x/3 months unless a senior citizen, 1x/30 days
- Must have proof of address, photo ID, acceptable forms of ID for all family members to receive benefits and documentation of income/expenses for household.

With Love from Jesus

- 919-233-8010
- 421 Chapanoke Road, Raleigh 27603
 - Open Tu, W, F, Sa 10am-11:30am
- 209 S. Robertson St, Clayton 27528
 - Open Thursday 9:30-11 AM and Sunday 5-6:30 PM
- Food, Clothing, Household items, and Furniture.
- No referrals or identification required.

Housing/Shelters

The House Wake! Access Hub

- 919-443-0098
- A housing switchboard managed by five full-time staff members who have training in homeless management, call center and diversion training to help each caller.
- Monitored Mon-Fri 9am-5pm

Oak City Cares

- 1430 South Wilmington Street Raleigh, NC 27603
- 9-5 Mon-Fri, 9-6 Sat/Sun for weekend meals only
- A hub for connecting individuals and families, who are at risk of, or are experiencing
- homelessness, to coordinated services that create a path to stable housing and renewed hope.

Raleigh Rescue Mission

- 919-828-9014
- Emergency shelter for women and children only. First come, first serve. Must be in line by 3:30pm.
- Residential recovery provided to both men and women. Operating on a waitlist.

Salvation Army

- 919-834-6733
- For women & children only, males must be 12 or under. Register by 4:30 pm for emergency shelter admission. Can stay up to 14 continuous nights in one year.
- Longer term shelter operates on a waitlist.

S. Wilmington St. Center

- 919-857-9428
- For men only, 18 years+. Guaranteed bed for first visit. Otherwise an emergency bed list is generated through a lottery system. 234 beds available. Should arrive at 6pm to see if your name is on the list.
- Longer term shelter available but operates on a waitlist.
- Overflow guaranteed emergency shelter is available during certain White Flag winter nights (below 32 degrees)

Family Promise (formerly known as WIHN)

- 919-832-6024
- Day Center: Open 7-6 M-F Case mgmt. services, employment resources, shower, laundry, mailing address, lockers, phone use.
- Transitional Shelter: 8 wk. program for married couples or families with children. Must be employed or have a job 2 wks from entry date.

The Caring Place

- 919-462-1800
- Open 9:00-5:00 M-F
- Offers transitional housing and life skill training for 16 weeks to families in need.
- Applicants must be working at least 37hrs/week, have children, be drug free/criminal record free for the previous 12 months, and go through an interview.
- Currently operating with a waitlist that takes weeks to months.

Helen Wright Center

- 919-833-1748
- Open 4:00pm-9:00am M-F 24hrs Sat-Sun & Holidays
- Transitional Shelter for homeless women (with no kids) offering basic needs & case management. Contracts for initial stay of 2 months.
- Currently operating with a waitlist that takes weeks to months.

PLM Families Together

- 919-212-1123
- Offers transitional housing and counseling up to 4 months for those “literally” homeless.
- Also offers Re-Housing Support to those who are homeless but who aren’t on the streets. Participants are assigned a Mentor Advocate and they work together to establish permanent housing. Average length of program is 40 days.

Wrenn House

- Shelter for young people, 10-17
- 919-833-7866
- 908 W. Morgan St, Raleigh

Wake Homeless Resource Guide

- Comprehensive website of resources. Regularly updated with latest information.

The Women’s Center

- 400 S. West St Raleigh NC 27601
- 919.829.3711
- Monday-Thursday 8:15am-3:30pm, and Friday 8:30am - 2:30pm
- Crisis intervention and assessment center for homeless women.
- Offers: Clothing Closet, Basic Needs, Healthcare, Clinical Services, Day Storage, Mail Services, Housing Support, Instructional and Enrichment Workshops, Transportation/Bus Passes
- Meals: Breakfast: 8:30am,Lunch: 11:30am

Medical/Dental

Advance Community Health

- Medical, dental, mental health
- 1001 Rock Quarry Rd. Raleigh, NC 27610
- 919-833-3111 (medical)/ 919 250-2930 (dental)

Alliance Medical Ministry

- For employed without insurance
- 101 Donald Ross Dr., Raleigh
- 919-277-0505

NeighborHealth Center

- 4201 Lake Boone Trail, Suite 005 Raleigh, NC 27607
- All medical needs
- 984-222-8000

Open Door Clinic & Pharmacy

- 1390 Capital Blvd., Raleigh
- 919-832-0820
- M/W 9-5, T/Th 9-6, pharmacy M-Th 10-5.
- Must have proof of address, photo ID, acceptable forms of ID for all family members to receive benefits and documentation of income/expenses for household.

UNC School of Dentistry

- Full service dental clinic
- Free Clinic operates every Wednesday from 5:30PM to 11:00PM
- Carrboro Community Health Center: 301 Lloyd St Carrboro, NC 27510
- 919-597-3997

Wake Smiles

- Serves low-income, uninsured adults with referral
- 1863 Capital Blvd. Raleigh, NC 27604
- 919-390-6497

Wake Tech Dental Hygiene

- Some fees apply
- 919-747-0126

Needy Meds

- Helps find low-cost meds by linking you with other programs/services
- Browse their website or call 800-503-6897, M-F, 9-5.

Mental Health

Treatment Programs

Monarch's Behavioral Health Urgent Care

- (919) 703-2845
- 319 Chapanoke Road, Suite 120 Raleigh, NC 27603
- Walk-in service for people ages 4 and older with mental health and substance use disorders who are experiencing a crisis.
- Can initiate involuntary commitment

Holly Hill Hospital

- 919-250-7000
- Inpatient and outpatient mental health services
- Children 5+, adolescents, adults
- Can initiate involuntary commitment

Pasadena Villa

- Outpatient help for depression, anxiety, autism, bipolar and personality disorders. Several locations including Raleigh.

Cary Behavioral Health

- Outpatient help for depression, anxiety, ADHD, bipolar, OCD, PTSD, mood disorders and addiction.

HopeWay

- Located in Charlotte. 3 different programs (Residential, Partial Hospitalization Program, Intensive Outpatient).

Triangle Springs

- Facility in Raleigh. Inpatient and outpatient programs.

National Hotlines

- **Mental Health Hotline**
(800) 510-9132
- **National Suicide Prevention Lifeline**
(800) 273-TALK (8255)
- **National Youth Crisis Hotline**
(800) 442-HOPE (4673)
- **Veterans Crisis Line**
(800) 273-8255
- **Hopeline North Carolina**
Call or Text: (919) 231-4525 or
(877) 235-4525

Other Resources

Parental Support

- [NAMI](#) (National Alliance on Mental Health)

Psychological Evaluations for Court

- Raleigh Psychiatrics: Accepts no insurance, \$300 919-787-7125

Military Support

General/Comprehensive Resources:

[National Resource Directory](#)

- Has tons of links to resources for active duty, veterans, and family members.

Counseling/Post Deployment Support:

[Vet Centers](#)

- a branch of the VA specifically targeting readjustment counseling for veterans and their families.
- often quicker to have an available appointment than the VA.

[Give an Hour](#)

- offers free mental health care to Active duty, National Guard and Reserve, Veterans, and their loved ones.

Veterans Crisis Line- 1-800-273-8255 (press 1)

Active Duty Specific Resources:

[Military One Source](#)

- THE go to source of active duty personnel and their families, although they have great information for veterans too.

[The Morale, Welfare, and Recreation \(MWR\)](#)

- A great resource site for active-duty families.
- Each branch has their own link on this page.

The USO

- [National](#) website. [North Carolina](#) web site.

Veteran Specific Resources:

[US Department of Veterans Affairs](#)

- Has three components to their website: Health/Benefits/Cemeteries.

[The National Archives Service Records](#)

- If you misplaced your military service records, or need proof of service for employment or benefits, you can request a copy of your service records here.

[Military Missions in Action \(MMIA\)](#)

- MMIA's varied programs work at providing support to Veterans who need construction project assistance due to disabilities or sub-standard living conditions and our homeless Veterans.

US Veterans Corp

- Military and First Responder veterans performing hands on community projects.

Education/Employment:

Wake Tech

- One of the many local colleges that have a veteran's affairs person to assist veterans, and their families, through the process of receiving payments for college.

NCworks.

- Veterans newly exited from active duty can qualify for unemployment and job assistance. More information found [here](#).

Financial Assistance:

NC Heroes

- Offers the North Carolina Heroes Fund (NCHF) to financially assist the military men and women of North Carolina.
- The applicant must be tied to military service in NC and must have an honorable discharge.

Multiple Areas of Assistance

United Way

- Dial 211
- List of resources in the Triangle area that will assist with all types of needs.
- Most comprehensive option. Network of over 18,000 resources.
- Live voice to talk with.

Wake County Human Services

- 919-212-7000
- List of resources in Wake County that will assist with all types of needs.
- Offices all around Wake County, easy to use website.

Women's Center of Wake County

- 919-829-3711 Open 9am-4pm M-F
- Provides an abundance of resources for women in Wake County.

Hope Connection International

- (919) 377-1785
- Free counseling opportunities and Support Groups (addiction recovery, abuse recovery for depression, grief, etc).
- Operates DejaVu Thrift Store which offers furniture and home décor

Wake Network of Care

- Comprehensive website of resources. Regularly updated with latest information.

Pregnancy/Post-Abortion/Adoption/Foster Care Support:

A Hand of Hope Pregnancy Resource Center

- **Hand of Hope Pregnancy Centers**
- Free and confidential services.
- Locations in Raleigh (919-758-8444) and Fuquay Varina (919-577-9050).
- Great resources for post-abortion care as well (offers a Bible Study)

First Choice Pregnancy Solutions

- 919-554-8093
- Stationary Clinic in Wake Forest, Mobile Clinics around the Triangle
- Free and confidential services.

Gateway Resource Center

- 919-833-0096
- Free and confidential services, multiple locations around Raleigh.

Christian Life Home

- 919-510-5400
- Home for pregnant young women age 10-23

Bethany Christian Services

- Social support services for pregnant women, adoptive and foster families

Safe Families

- Respite Care for Families in Crisis

The Hope Center at Pullen

- 919-694-3133
- Provide services to young people ages 13-21 with transitional housing, independent living skills, hosting weekly LINKS Academy, recruiting and pairing volunteers to tutor and mentor youth, special activities

Youth Villages

- 919-474-6361
- Provide mental health and independent living services

Wake County Family Support Services

- 919-250-4597; Familysupportservices@wakegov.com
- Provide supportive resources to families in Wake County to include referrals for financial support, mental health/parenting resources, case management services, etc.

Single Parents

Parents without Partners

- This organization has several chapters across the nation with a goal to empower parents and their children by providing a supportive community, educational opportunities and social activities for the entire family.
- The group also advocates for single parents with legislative lobbying, national conferences and community service.

Single Parent Alliance of America

- By joining the SPAOA, members have access to help through government grants, grants for education, a pharmacy discount card and information about discount shopping.
- SPAOA is also able to help members on an individual basis with financial problems.
- Membership is free, but the prospective member must prove she is a single parent.

CoAbode

- CoAbode provides single mothers with house sharing opportunities, specialized support groups, affordable housing, and vital resources designed to make parenting alone easier, healthier, and more secure.

Childcare Subsidy Vouchers

- Wake County Human Services
- Call: 919-212-7052 (English) or 919-212-9285 (English, Spanish)
- Email: childcaresubsidy@wakegov.com.

Diaper Bank of NC

- 1904 Glendale Avenue, Durham North Carolina 27701.
- 919-886-8085
- Partner with Wake County organizations:
 - [Catholic Charities Raleigh](#)
 - [Oak City Cares](#)
 - [Brown Bag Ministries](#)
 - [Step Up Ministry](#)

The Diaper Train at Saint Savior's Center

- 616 Tucker St., Raleigh, North Carolina
- (919) 833-6400.
- Provides free diapers to Wake County.
- Need a referral to go, referral resources are on their website

Support Areas

These resources offer support for:

Cancer

- [Cancer Companions](#)
 - Cancer Companion's trained volunteers draw people coping with cancer closer to Christ through prayer, scripture, and companionship.

Caregivers

- [Transitions Life Care](#)
 - Resources for care givers including skills training and support groups

Divorce/Seperation

- [DivorceCare](#)
 - 13-week support group for those who are separated or divorced.
- [DivorceCare4Kids](#)
 - 13-week support group for children age 5-12, whose parents are separated or divorced.

Grief

- [GriefShare](#)
 - 13-week support group for those who have lost a loved one.
- [Transitions LifeCare](#)
 - Offers resources for grief, as well as support groups for children (5-17) and adults.

Law Enforcement & First Responders

- [NC LEAP](#)
 - Offers 3 day Post Critical Incident Seminars for law enforcement and first responders
 - Hosted nationally, but at Hope 2x/year

Refugee & Immigration

- [Lutheran Family Services](#)
- [Catholic Charities](#)

Transportation

Public Transportation

- **Accessible Raleigh Transportation**
 - 919-890-3459
- **Capital Area Transit**
 - 919-828-7228
- **Triangle Transit**
 - 919-485-7433

Car Assistance

- [Wheels for Hope](#)
 - 919-832-1941
 - Must be referred from a partner agency to apply to receive a car
 - Accepts donated vehicles