

Access Points - Entry points to find and access local resources.

2-1-1 North Carolina - 24/7 phone line to help you find local resources you need.
call 211 - nc211.org/

Homeless Access Hub - Helpline for our neighbors experiencing homelessness or about to become homeless. Provides referrals to emergency shelters. M-F 8am - 5pm
(919) 443-0096 - PartnershipWake.org/access-hub/

InterAct - Provides domestic violence and sexual assault services in Wake County
(866) 291-0855 - interactofwake.org

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

Oak City Cares - Provides coordinated care for the homeless
1430 South Wilmington Street, Raleigh, NC 27603
(984) 344-9599 - OakCityCares.org/

Showers and Laundry
Monday - Friday 9am - 5pm

Meals
Saturday and Sunday: 9am, 12:30pm, 3pm

Dorcas Ministries - Also provides financial assistance and career training
187 High House Road, Cary, NC 27511
(919) 469-9861 ext: 203 - dorcascary.org/services

Food Pantry
Monday - Friday 9am - 3pm. Sat 10am - 2pm

Mobile Health Clinic
Tuesday 10am - 2pm, 1st and 3rd Sat 10am - 2pm

First Baptist Church
99 N. Salisbury Street, Raleigh, NC 27604
(919) 832-4485 - fbcraleigh.org/serve/serve-locally

Clothing Closet
Monday 10am - noon

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

Community Helpers Service Center

111-B N. First Avenue, Knightdale, NC 27545

(919) 266-4050 - communityhelpersservicesc.com/our-work

Emergency Food
Pantry

Mon Tues Fri 10am -
1pm

Food Pantry last
name A-K

Wed 10am - 1pm

Food Pantry last
name L-Z

Thur 10am - 1pm

A Place at the Table Cafe

300 W. Hargett St Suite 50, Raleigh, NC 27601

(919) 307-8914 - TableRaleigh.org

Pay what you can meals

Tuesday - Sunday 8am - 2pm

Shepherd's Table Soup Kitchen

121 Hillsborough St., Raleigh, NC 27603

(919) 831-2010 - shepherds-table.org/

Lunch

Monday - Friday 11am - noon

Salvation Army

1863 Capital Blvd, Raleigh, NC 27601

(919) 834-6733 - salvationarmycarolinas.org/wakecounty/programs/social-ministries/soup-line/soup-line-assistance

Dinner

Monday - Friday 5pm - 6pm

Women's Center of Wake County - Provides meals, clothing, and services for homeless women

400 S. West St, Raleigh, NC 27601

(919) 829-3711 - wcwc.org/get-help

White Oak Foundation

1624 White Oak Church Road, Apex, NC 27523

(919) 362-6799 - wofnc.org/food_pantry

Food Pantry

Wednesday and Friday noon - 2pm

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

Catholic Parish Outreach

2013 Raleigh Blvd, Raleigh, NC 27604

(919) 873-0245 - catholiccharitiesraleigh.org/cpo

Food Pantry

Mon / Wed / Thur / Fri 8:30am - 11:30am

Urban Ministries

1390 Capital Blvd, Raleigh, NC 27603

(919) 836-1642 - urbanmin.org/services/food-pantry

Food Pantry

Monday - Thursday 9am - 11am

With Love From Jesus

421 Chapanoke Road, Raleigh, NC 27603

(919) 233-8010 - withlovefromjesus.org/to-receive-help

Food, Clothing, Household Essentials

Tues / Wed / Fri / Sat: 10am - 11:30am

FoodPantries.org - A directory to find food pantries near you.

foodpantries.org/

Emergency Shelters

Raleigh Rescue Mission

314 E. Hargett St., Raleigh, NC 27601

(919) 828-9014 - raleighrescue.org/our-solution/get-help-today

The Caring Place - Provides transitional housing for working homeless families

491 James Jackson Ave, Cary, NC 27513

(919) 462-1800 - thecaringplace.org/programs/transitional-housing

Wrenn House - Homeless shelter for youth ages 10 - 17

908 W. Morgan Street, Raleigh, NC 27603

(919) 833-3312 - havenhouseenc.org/wrennhouse

Resources

Resources

UNC Health Care Crisis and Assessment Services - Emergency psychiatric evaluations for individuals experiencing acute mental health and/or substance abuse crises
107 Sunnybrook Road, Raleigh, NC 27610
(984) 974-4800 - uncmedicalcenter.org/uncmc/hospitals-locations/profile/unc-health-care-crisis-and-assessment-services-at-wakebrook

Alliance Medical Ministry - Provides affordable healthcare for working uninsured adults
101 Donald Ross Drive, Raleigh, NC 27610
(919) 250-3320 - alliancemedicalministry.org

NeighborHealth - Affordable primary healthcare
4201 Lake Boone Trail Suite 005, Raleigh, NC 27607
(984) 222-8000 - neighborhealthcenter.org

Healing Transitions - Long term addiction recovery, overnight shelter, non-medical detox
1251 Goode St, Raleigh, NC 27603
(919) 838-9800 - healing-transitions.org

SouthLight - Substance abuse and mental health services
(919) 787-6131 - southlight.org

TROSA - Long term residential program for people with substance use disorders
1820 James Street, Durham, NC 27707
(919) 419-1059 - trosainc.org

US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline
(877) 424-3838 - va.gov/homeless

National Suicide Prevention Lifeline - Provides 24/7, free and confidential support for people in distress
(800) 273-8255 - SuicidePreventionLifeline.org

National Domestic Violence Hotline - 24-hour confidential service for survivors, victims and those affected by domestic violence
(800) 799-7233 - TheHotline.org

Resources

National Runaway Safeline - 24/7 crisis line for runaway and homeless youth
(800) 786-2929 - 1800runaway.org

National Human Trafficking Hotline - Call if you or someone you know is a victim of human trafficking
(888) 373-7888 - HumanTraffickingHotline.org

Free Mobile Phone Service - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.
SafeLinkWireless.com
AssuranceWireless.com

FindTreatment.gov - Directory of providers treating substance use disorders, addiction, and mental illness
(800) 662-4357 - FindTreatment.gov/

FreeDentalCare.us - Directory of free and low cost dental clinics
FreeDentalCare.us/

Available services can change often. Please email support@HelpSheets.org with any updates to the information provided.

HelpSheets.org does not manage any of the organizations listed, please contact each agency for details.