

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

<p>2-1-1 North Carolina - 24/7 phone line to help you find local resources you need. call 211 - <a href="http://nc211.org/">nc211.org/</a></p>	<p><b>Homeless Access Hub</b> - Helpline for our neighbors experiencing homelessness or about to become homeless. Provides referrals to emergency shelters. M-F 8am - 5pm (919) 443-0096 - <a href="http://PartnershipWake.org/access-hub/">PartnershipWake.org/access-hub/</a></p>
<p><b>InterAct</b> - Provides domestic violence and sexual assault services in Wake County (866) 291-0855 - <a href="http://interactofwake.org">interactofwake.org</a></p>	

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

<p><b>Oak City Cares</b> - Provides coordinated care for the homeless 1430 South Wilmington Street, Raleigh, NC 27603 (984) 344-9599 - <a href="http://OakCityCares.org/">OakCityCares.org/</a></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"><u>Showers and Laundry</u></td> <td style="width: 50%; text-align: center;"><u>Meals</u></td> </tr> <tr> <td style="text-align: center;">Monday - Friday 9am - 5pm</td> <td style="text-align: center;">Saturday and Sunday: 9am, 12:30pm, 3pm</td> </tr> </table>	<u>Showers and Laundry</u>	<u>Meals</u>	Monday - Friday 9am - 5pm	Saturday and Sunday: 9am, 12:30pm, 3pm	<p><b>Dorcas Ministries</b> - Also provides financial assistance and career training 187 High House Road, Cary, NC 27511 (919) 469-9861 ext: 203 - <a href="http://dorcascary.org/services">dorcascary.org/services</a></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"><u>Food Pantry</u></td> <td style="width: 50%; text-align: center;"><u>Mobile Health Clinic</u></td> </tr> <tr> <td style="text-align: center;">Monday - Friday 9am - 3pm. Sat 10am - 2pm</td> <td style="text-align: center;">Tuesday 10am - 2pm, 1st and 3rd Sat 10am - 2pm</td> </tr> </table>	<u>Food Pantry</u>	<u>Mobile Health Clinic</u>	Monday - Friday 9am - 3pm. Sat 10am - 2pm	Tuesday 10am - 2pm, 1st and 3rd Sat 10am - 2pm
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<p><b>First Baptist Church</b> 99 N. Salisbury Street, Raleigh, NC 27604 (919) 832-4485 - <a href="http://fbcraleigh.org/serve/serve-locally">fbcraleigh.org/serve/serve-locally</a></p> <p style="text-align: center;"><u>Clothing Closet</u> Monday 10am - noon</p>	<p><b>Community Helpers Service Center</b> 111-B N. First Avenue, Knightdale, NC 27545 (919) 266-4050 - <a href="http://communityhelpersservicesc.com/our-work">communityhelpersservicesc.com/our-work</a></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%; text-align: center;"><u>Emergency Food Pantry</u></td> <td style="width: 33%; text-align: center;"><u>Food Pantry last name A-K</u></td> <td style="width: 33%; text-align: center;"><u>Food Pantry last name L-Z</u></td> </tr> <tr> <td style="text-align: center;">Mon Tues Fri 10am - 1pm</td> <td style="text-align: center;">Wed 10am - 1pm</td> <td style="text-align: center;">Thur 10am - 1pm</td> </tr> </table>	<u>Emergency Food Pantry</u>	<u>Food Pantry last name A-K</u>	<u>Food Pantry last name L-Z</u>	Mon Tues Fri 10am - 1pm	Wed 10am - 1pm	Thur 10am - 1pm		
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<p><b>A Place at the Table Cafe</b> 300 W. Hargett St Suite 50, Raleigh, NC 27601 (919) 307-8914 - <a href="http://TableRaleigh.org">TableRaleigh.org</a></p> <p style="text-align: center;"><u>Pay what you can meals</u> Tuesday - Sunday 8am - 2pm</p>	<p><b>Shepherd's Table Soup Kitchen</b> 121 Hillsborough St., Raleigh, NC 27603 (919) 831-2010 - <a href="http://shepherds-table.org/">shepherds-table.org/</a></p> <p style="text-align: center;"><u>Lunch</u> Monday - Friday 11am - noon</p>								
<p><b>Salvation Army</b> 1863 Capital Blvd, Raleigh, NC 27601 (919) 834-6733 - <a href="http://salvationarmycarolinas.org/wakecounty/programs/social-ministries/soup-line/soup-line-assistance">salvationarmycarolinas.org/wakecounty/programs/social-ministries/soup-line/soup-line-assistance</a></p> <p style="text-align: center;"><u>Dinner</u> Monday - Friday 5pm - 6pm</p>	<p><b>Women's Center of Wake County</b> - Provides meals, clothing, and services for homeless women 400 S. West St, Raleigh, NC 27601 (919) 829-3711 - <a href="http://wcwc.org/get-help">wcwc.org/get-help</a></p>								
<p><b>White Oak Foundation</b> 1624 White Oak Church Road, Apex, NC 27523 (919) 362-6799 - <a href="http://wofnc.org/food_pantry">wofnc.org/food_pantry</a></p> <p style="text-align: center;"><u>Food Pantry</u> Wednesday and Friday noon - 2pm</p>	<p><b>Catholic Parish Outreach</b> 2013 Raleigh Blvd, Raleigh, NC 27604 (919) 873-0245 - <a href="http://catholiccharitiesraleigh.org/cpo">catholiccharitiesraleigh.org/cpo</a></p> <p style="text-align: center;"><u>Food Pantry</u> Mon / Wed / Thur / Fri 8:30am - 11:30am</p>								
<p><b>Urban Ministries</b> 1390 Capital Blvd, Raleigh, NC 27603 (919) 836-1642 - <a href="http://urbanmin.org/services/food-pantry">urbanmin.org/services/food-pantry</a></p> <p style="text-align: center;"><u>Food Pantry</u> Monday - Thursday 9am - 11am</p>	<p><b>With Love From Jesus</b> 421 Chapanoke Road, Raleigh, NC 27603 (919) 233-8010 - <a href="http://withlovefromjesus.org/to-receive-help">withlovefromjesus.org/to-receive-help</a></p> <p style="text-align: center;"><u>Food, Clothing, Household Essentials</u> Tues / Wed / Fri / Sat: 10am - 11:30am</p>								
<p><b>FoodPantries.org</b> - A directory to find food pantries near you. <a href="http://foodpantries.org/">foodpantries.org/</a></p>									

**Emergency Shelters**

<p><b>Raleigh Rescue Mission</b> 314 E. Hargett St., Raleigh, NC 27601 (919) 828-9014 - <a href="http://raleighrescue.org/our-solution/get-help-today">raleighrescue.org/our-solution/get-help-today</a></p>	<p><b>The Caring Place</b> - Provides transitional housing for working homeless families 491 James Jackson Ave, Cary, NC 27513 (919) 462-1800 - <a href="http://thecaringplace.org/programs/transitional-housing">thecaringplace.org/programs/transitional-housing</a></p>
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## Emergency Shelters

**Wrenn House** - Homeless shelter for youth ages 10 - 17  
908 W. Morgan Street, Raleigh, NC 27603  
(919) 833-3312 - [havenhousenc.org/wrennhouse](http://havenhousenc.org/wrennhouse)

## Resources

<p><b>UNC Health Care Crisis and Assessment Services</b> - Emergency psychiatric evaluations for individuals experiencing acute mental health and/or substance abuse crises 107 Sunnybrook Road, Raleigh, NC 27610 (984) 974-4800 - <a href="http://uncmedicalcenter.org/uncmc/hospitals-locations/profile/unc-health-care-crisis-and-assessment-services-at-wakebrook">uncmedicalcenter.org/uncmc/hospitals-locations/profile/unc-health-care-crisis-and-assessment-services-at-wakebrook</a></p>	<p><b>Alliance Medical Ministry</b> - Provides affordable healthcare for working uninsured adults 101 Donald Ross Drive, Raleigh, NC 27610 (919) 250-3320 - <a href="http://alliancemedicalministry.org">alliancemedicalministry.org</a></p>
<p><b>NeighborHealth</b> - Affordable primary healthcare 4201 Lake Boone Trail Suite 005, Raleigh, NC 27607 (984) 222-8000 - <a href="http://neighborhealthcenter.org">neighborhealthcenter.org</a></p>	<p><b>Healing Transitions</b> - Long term addiction recovery, overnight shelter, non-medical detox 1251 Goode St, Raleigh, NC 27603 (919) 838-9800 - <a href="http://healing-transitions.org">healing-transitions.org</a></p>
<p><b>SouthLight</b> - Substance abuse and mental health services (919) 787-6131 - <a href="http://southlight.org">southlight.org</a></p>	<p><b>TROSA</b> - Long term residential program for people with substance use disorders 1820 James Street, Durham, NC 27707 (919) 419-1059 - <a href="http://trosainc.org">trosainc.org</a></p>
<p><b>US Department of Veterans Affairs</b> - 24/7 Homeless Call Center Hotline (877) 424-3838 - <a href="http://va.gov/homeless">va.gov/homeless</a></p>	<p><b>National Suicide Prevention Lifeline</b> - Provides 24/7, free and confidential support for people in distress (800) 273-8255 - <a href="http://SuicidePreventionLifeline.org">SuicidePreventionLifeline.org</a></p>
<p><b>National Domestic Violence Hotline</b> - 24-hour confidential service for survivors, victims and those affected by domestic violence (800) 799-7233 - <a href="http://TheHotline.org">TheHotline.org</a></p>	<p><b>National Runaway Safeline</b> - 24/7 crisis line for runaway and homeless youth (800) 786-2929 - <a href="http://1800runaway.org">1800runaway.org</a></p>
<p><b>National Human Trafficking Hotline</b> - Call if you or someone you know is a victim of human trafficking (888) 373-7888 - <a href="http://HumanTraffickingHotline.org">HumanTraffickingHotline.org</a></p>	<p><b>Free Mobile Phone Service</b> - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals. <a href="http://SafeLinkWireless.com">SafeLinkWireless.com</a> <a href="http://AssuranceWireless.com">AssuranceWireless.com</a></p>
<p><b>FindTreatment.gov</b> - Directory of providers treating substance use disorders, addiction, and mental illness (800) 662-4357 - <a href="http://FindTreatment.gov/">FindTreatment.gov/</a></p>	<p><b>FreeDentalCare.us</b> - Directory of free and low cost dental clinics <a href="http://FreeDentalCare.us/">FreeDentalCare.us/</a></p>

Available services can change often. Please email [support@HelpSheets.org](mailto: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.