

Street Sheet

Raleigh, NC
Durham, NC

AUTHOR

Danielle Sudler

DATE

January 2023

FOOD

Raleigh

- ◆ NC State University
feedthepackpantry@ncsu.edu
2601 Stinson Dr
M-Th: 2pm-6pm, F: 12pm-4pm
- ◆ North Raleigh Ministries
919-844-6676. 9650 Strickland Rd
M & Th: 10am-2pm, T & W: 10am-12pm
Eligible to zip codes: 27604, 27609,
27612-6 (show ID with food pickup)
- ◆ Urban Ministries
919-836-1642. 1390 Capital Blvd
M-Th: 9am-10am
Show ID
- ◆ Wake Relief Food Pantry
919-833-6400. 616 Tucker St
M & T: 1pm-3pm, 4th Sat 10am-12pm
Show ID

Durham

- ◆ Durham Comm Food Pantry
919-286-1964x4. 2020 Chapel Hill Rd Suite 30
W: 10am-1pm & 5pm-7pm, Th: 10am-1pm
ID requested
- ◆ Greater Waltham United Holiness Church
919-220-7087. 706 Delvin Ave
W: 10am-1pm, Th: 10am-1pm
Registration required
- ◆ Iglesia Emanuel Food Pantry
919-526-3386. 2504 N Roxboro St
W: 2pm-4pm
- ◆ West End Comm Mobile Market
919-201-8741. 504 West Chapel Hill St
3rd Sat of each month, 10am-11am

HOUSING

Raleigh

- ◆ Families Together
919-212-8607. 908 Plainview Dr
Call for availability
Overnight shelter for families
- ◆ Healing Transitions
919-838-9800
Arrive 3:30pm-7pm
Overnight shelter for single women &
men at separate campuses
- ◆ Raleigh Rescue Mission
919-828-9014. 314 E Hargett St
Arrive 3pm-5pm
Shelter & utility assistance
- ◆ Wrenn House
919-832-7866. 908 W Morgan St
24 hours/ 7 days a week
Overnight shelter for youth ages 10-17

Durham

- ◆ Durham Rescue Mission
919-688-9641. Location varies
Shelter & utility assistance
- ◆ Urban Ministries of Durham
919-682-0538. Location varies
Housing & utility assistances
- ◆ Interfaith Hospitality Network
919-682-2846. Location varies
Call for availability
Housing for families
- ◆ Open Table
919-412-7011. Location varies
Call for availability
Housing for single men & women

CHILDCARE

Raleigh & Durham

- ◆ NC Child Care Resource & Referral Specialist
855-327-5933. referral@childcareservices.org
- ◆ Child Care Subsidy Assistance
Raleigh: 919-212-7000
Durham: 919-968-2000
Vouchers for income-eligible
- ◆ Head Start & Early Head Start
Child Care Referral Line: 855-327-5933
Priority to teen parents. Does not provide
full-time child care.

EMPLOYMENT

Raleigh

- ◆ **NCWorks Career Center**
919-250-3770. 220 Swinburne St
M-Th: 9am-5pm, F: 9am-2pm
Assistance with job search, improving skills and career development planning
- ◆ **Work First**
919-212-7846
M-F: 8:30am-3:45pm
Offers job readiness training, child care, financial assistance mental health counseling and more

Durham

- ◆ **NCWorks Career Center**
919-560-6880. 1105 S Briggs Ave
M-Th: 8:30am-5pm, F: 8:30am-1pm
Assistance with job search, improving skills and career development planning
- ◆ **Work First**
919-560-8000
Nancy Santos: nsantos@dconc.gov
Offers job readiness training, child care, financial assistance mental health counseling and more

MENTAL HEALTH RESOURCES

Raleigh & Durham

- ◆ **Alcohol Anonymous**
Raleigh: 919-783-6144
Durham: 919-783-6144
24 hour/7 days a week hotline
- ◆ **Carolina Outreach**
919-251-9009-7011. 2670 Durham-Chapel Hill Blvd
M-Th: 8am-7pm, F: 8am-3pm, Sat: 9am-12pm
Behavioral health urgent care; accepts walk-ins
- ◆ **iHope Network**
800-225-0634. info@ihopenetwork.com
Online short-term therapy
- ◆ **LGBTQ+ Mental Health Support Group**
<https://www.lgbtcenterofraleigh.com/>
1st & 3rd Tuesdays of the month: 6-7:30pm
Virtual group provided by LGBT Center of Raleigh; numerous other support groups available as well
- ◆ **Mood Disorders Support & Education Group**
919-286-5261. jones106@mc.duke.edu
2200 W. Main St; 4th Thursdays
- ◆ **NAMI**
Hopeline: 919-231-4525
Call or text
- ◆ **NAMI Durham Family Support Groups**
919-231-5016. Multiple locations
- ◆ **NAMI Recovery Support Group**
<https://nami-wake.org/support-and-education/support-groups/support-groups-2/enrollcsg/>
Wed: 7-8:30pm
Virtual group, must be 18+ years old
- ◆ **NC State Therapy**
919-856-9233 x 4
Therapy sessions with graduate students at reduced cost
- ◆ **Safe Needle Exchange**
800-643-1643. safeneedledisposal.org
- ◆ **GoWake Access Transportation**
919-212-7055

DOMESTIC VIOLENCE RESOURCES

Raleigh & Durham

- ◆ **Domestic Violence Hotline**
800-799-7233
- ◆ **Durham Crisis Response Center**
919-403-6562
24-hour crisis line for domestic violence services
- ◆ **Hacia La Paz Familiar**
919-286-2475
Domestic violence services including shelter
- ◆ **Interact of Wake County**
919-828-7501. 1012 Oberlin Rd
Provides DV resources, safety, and shelter for women & children experiencing DV.

CRISIS SUPPORT

Raleigh & Durham

- ◆ **Suicide & Crisis Lifeline**
988
- ◆ **Emergency Funds**
919- 919-489-6541. 4737 University Dr
Division of American Red Cross
- ◆ **Therapeutic Alternatives Mobile Crisis Service**
877-626-1772.
<https://www.mytahome.com/mobile-crisis>
24/7 response
- ◆ **HOPE4NC**
855-587-3463
24/7 response; call or text