

NeighborUp

Service area includes Cary, Morrisville, Apex, Fuquay-Varina, Holly Springs, Willow Spring, New Hill, and Friendship. Services available: financial assistance, food pantry, case management, and workforce development. Two locations in Apex and Cary open Mon-Fri 9am-5pm. Apply for assistance at neighborup.org.

Cary Location: 919-469-9861
189 High House Rd, Cary

Apex Location 919-362-0657
1600 Olive Chapel Rd Suite 408. Apex

Wake County Health and Human Services

For assistance with various programs to include assistance with childcare, food, medical, energy etc.

Locations: 111 James Jackson Drive in Cary | 130 N. Judd Parkway NE Fuquay-Varina | 220 Swinburne St. Raleigh

***Apply online for SNAP, Medical Assistance, Energy Assistance and Work first at epass.nc.gov**

For additional resources:

Call: 2-1-1 | Visit: wakenetworkofcare.org

Financial Assistance

Doorstep Ministries at Edenton St. UMC | 919-833-4070 | 228 W Edenton St. Raleigh 27603

St. Vincent de Paul at Our Lady Lourdes | 919-861-4602 | 2718 Overbrook Dr. Raleigh NC 27608

St. Vincent de Paul at St. Francis of Assisi | 919-534-4842 | 1401 Leesville Rd. Raleigh NC 27613

White Oak Foundation | 919-362-6799 | 1624 White Oak Church Apex, NC 27523

Housing and Shelter

Wake NC Coordinated Entry Access Sites: Emergency and transitional housing, drop-in shelters, and white flag shelters and more. See website for specific details.

Triangle Family Services | 919-821-0790 | 3937 Western Blvd, Raleigh, NC 27606

Wake County Housing Authority | 919-269-6404 | 100 N Allen Rd, Wake Forest, NC 27587

Raleigh Housing Authority | 919-831-8300 | 900 Haynes St, Raleigh, NC 27604

National Call Center for Homeless Veterans | 877-424-3838 | Call center only-no location.

Immigration and Refugee

Apex Immigration | 919-589-5231 | 203 E Moore St, Apex, NC 27502

NC Justice Center | 919-856-2570 | 300 S Salisbury St, Raleigh, NC 27601

USCIS | 1 (800) 375-5283 | See website for services offered.

Catholic Charities | 919-790-8533 | 3000 Highwoods Blvd. Suite 128, Raleigh, NC 27604

USCRI | 919-334-0072 | 3824 Barrett Dr, Raleigh, NC 27609

Tent | View list of companies on website that hire refugees.

Legal Support

Legal Aid of North Carolina | 919-856-2564 | 319 Chapanoke Rd, Suite 104, Raleigh, NC 27603

Campbell Law Clinic | 919-865-4471 | 311-200 Martin St, Raleigh, NC 27601

NC Free Legal Answers | 833-440-0949 | Phone call or online questions only.

Protect Our Youth | See website for specific details.

UNC School of Law | See website for specific details.

Veterans

Raleigh Vet Center | 877-927-8387 | See website.

Wake County Veterans Services | 919-212-8356 | 4401 Bland Rd, Raleigh, NC 27609

Wake County Housing Authority (HUD-VASH) | 919-269-6404 | 100 N Allen Rd, Wake Forest, NC 27587

Wake County VA Clinic (Durham VA Health Care System) | 855-679-0074 | 3040 Hammond Business Place, Suite 105 Raleigh, NC 27603-3666

Cary American Legion | 919-481-4811 | 8523 Chapel Hill Rd, Cary, NC 27513

Job Support

NeighborUp Workforce Development Center | See website for details | 191 High House Rd. Cary, NC 27511

NC Works | See website for more details.

Dress for Success | Women only | 919-286-2128 | 1812 Tillery Pl, Raleigh, NC 27604

Jobs for Life | 919-348-2024 | 103 Enterprise St, Raleigh, NC 275607

Wake Tech Career Services | 919-866-5000 | 9101 Fayetteville Rd, Raleigh, NC 27603

Medical and Dental

Call 9-1-1 for Emergencies

UNC Health Mobile Clinic | 173 High House Rd. Cary (NeighborUp Plaza)

- Tuesdays: 10am-2pm
- First & Third Saturdays: 10am-2pm

Advance Community Health | 919-833-3111 | Several Locations

Alliance Medical Ministry | 919-250-3320 | 101 Donald Ross Dr, Raleigh, NC 27610

NeighborHealth Center | 984-222-8000 | 2605 Blue Ridge Rd, Raleigh, NC 27607

Open Door Clinic & Pharmacy | 919-832-0820 | 1390 Capital Blvd, Raleigh, NC 27603 | See website for specific times.

Miriam Clinic | 919-824-4672 | 1100 NW Maynard Rd, Cary, NC 27517

UNC Adams School of Dentistry | 984-999-1654 | See website for clinic locations and details.

Night and Day Dental | See website for locations and details.

Mental and Behavioral Therapy

Suicide and Crisis Lifeline: 9-8-8

LGBTQ Center of Durham | 919-827-1436 | 1007 Broad St, Durham, NC 27705

The Hope Center | 919-636-3641 | 112 Cox Ave, Raleigh, NC 27605

Trevor Project | See website for contacts.

WakeBrook Crisis Stabilization Center | 919-350-8000 | 107 Sunnybrook Rd, Raleigh, NC 27610

Monarch Behavioral Health Urgent Care | 919-703-2845 | 319 Chapanoke Rd, Raleigh, NC 27603

NAMI Wake County | 919-848-4490 | 120 W Hargett St Raleigh NC 27601

Addiction Recovery and Substance Abuse

Healing Transitions | 919-838-9800 | 3304 Glen Royal Rd, Raleigh, NC 27617

Southlight | 919-787-6131 | 2101 Garner Rd, Raleigh, NC 27610

TROSA | 919-419-1059 | 1820 James St Durham NC 27707

Oxford House | See website for specific details.

Domestic Violence and Safety

InterAct of Wake County | Helpline: 866-291-0855 Questions: 919-287-501 | 1012 Oberlin Road Suite 100, Raleigh, NC 27605

Kiran (serves culturally South Asian population in NC) | 877-625-4726 | 1012 Oberlin Road Suite 700, Raleigh, NC 27605

Durham Crisis Response Center | Helpline: 919-403-6562 | General Questions: 919-403-9425 | 101 E Morgan St Durham NC 27701

SafeChild | 919-743-6140 | 2841 Kidd Rd, Raleigh, NC 27610

Resources for Seniors

Resources For Seniors | 919-872-7933 | 1110 Navaho Drive, Fourth Floor Raleigh NC 27609 | See website for housing and additional community resources.

Find a Senior Center Near You:

- **Cary Senior Center** | 919-469-408 | 1120 Maury O'Dell Place
- **Apex Senior Center** | 919-249-3344 | 63 Hunter Street
- **Morrisville Senior Center** | 919-249-3344 | 4117 Davis Drive
- **Fuquay-Varina Community Center** 919-552-1430 | 820 South Main Street

Meals on Wheels | See website for more details.

Transportation

Transpotation options with Tier 1 (fixed route) free fares

GoCary | **Morrisville Smart Shuttle** | **GoApex**

For fare assistance for Apply for **TAP**

GoTriangle | **GoRaleigh**

Rideshare Programs

Go Triangle Rideshare | **Ride Sharing** | **Ride United**

Door to Door Access

GoWake Access | **Go Cary Door to Door** | **Go Apex Door to Door** |

See website for eligibility and applications.

Childcare and Parenting

Wake County Smart Start | 919-851-9550 | 4901 Waters Edge Dr, Raleigh, NC 27606

Wake Connections | Self refer on website | 4901 Waters Edge Dr. Suite 101, Raleigh, NC 27606

Early Years | 919-403-6950 | 1201 S Briggs Ave, Durham, NC 27703