

COMMONLY USED REFERRALS Updated February 2009

Child Abuse

1. Child Protective Services – Department of Social Services (abuse reporting):
Orange County: 968-2000, ext. 224
Durham: 560-8000
Chatham County: 542-2759
2. Child Abuse Hotline: 1-800-422-4453
3. Child Abuse Information and Referral Line: 1-800-354-KIDS
4. Prevent Child Abuse North Carolina: 1-800-CHILDREN

Child/Parent Services:

1. Child Care Services Association
Chapel Hill: 967-3272
Durham: 403-6950
Hillsborough: 732-1148
Wake County: 779-2220
2. Child Care Networks: 542-6644

Disability:

1. Anna's Resources (Chapel Hill): 942-8422
2. The ARC of Orange County: 942-5119 or www.arcofororange.org
3. Chapel Hill Transit-EZ Rider: 929-2772
4. Division of Vocational Rehabilitation:
Chapel Hill: 969-7350
Durham: 560-6810
Raleigh: 733-7807
5. Meals of Wheels (Chapel Hill & Carrboro): 942-2948; (Hillsborough): 732-6194

Divorce/Separation/Relationship Services:

1. Divorce Conference Call: www.RosenDivorce.com/seminars
2. Divorce Legal Workshop: 256-1556 or www.RosenDivorce.com/seminars
3. Pro Se Divorce Workshop (Legal Aid in Durham): 688-6396

“Pro Se Absolute Divorce Packet”: www.nccourts.org/County/Durham/Courts/Family/Domestic/Divorce.asp

4. Child Custody or Visitation File it Yourself Clinic: 530-7169
5. Family Support Network of Orange, Durham, and Chatham: 560-5600
6. Family Counseling Service Separation and Divorce Support Group: 416-4400

Faith Based Divorce Support Groups:

1. Chapel Hill Bible Church: 408-0310
2. Immanuel Temple SDA (Durham): 957-0030
3. New Horizon Church (Durham): 471-6443
4. Triangle Presbyterian Church (Durham): 544-2872

Domestic Violence:

1. The Beacon Program (UNC & Chatham Hospitals): 966-9314
2. Durham Crisis Response Center (Durham):
Crisis Line: 403-6562
Administrative Staff: 403-9425
3. Family Violence Prevention Center (Chapel Hill):
For crisis situations or counseling: 929-7122 OR 1-866-929-7122
For administrative staff: 929-3872
Services in English & Spanish
4. Family Violence/Rape Crisis Center (Pittsboro): Crisis Line 545-0224; Office 542-5445
5. Interact (domestic violence center in Raleigh): Crisis Line 828-7740; Rape Crisis 828-3005;
Administrative Staff: 828-7501

Donations:

Appliance & Furniture (will pick-up items):

1. New Beginnings #1 Furniture Referral (The Women’s Center receives 50% of profits):
682-1495; 301 S. Duke St., Durham
2. Friends of Social Services- Department of Social Services: 929-6397
3. Habitat for Humanity: 403-8668 (Orange & Durham) & 542-0788

Automobiles:

1. Trosa (may accept non-running vehicles), ask for in-kind department: 688-3054 (Durham)
2. Wheels for Work: 245-2004

Clothing/household goods/ furniture:

1. Goodwill: 493-1182 (Durham)
2. Orange Congregations in Mission (OCIM) - Thrift Store (including career clothes for women):
732-6194 ext.19 (Hillsborough)
3. Pennies for Change (Durham Crisis Response Center Thrift Store): 489-2681
4. PTA Thrift Store: Call 417-0553 to arrange a truck pickup of large items
Carrboro: 942-6565
Chapel Hill (Yarnell-Hoffer Donation Center): 942-9412
Chatham: 542-4070
5. Salvation Army Thrift Store: 477-5457 (Durham)
6. St. Thomas More Caring and Sharing Center: 942-1040 ext. 230
7. Work First Career Clothing Closet: 732-1524 (contact Winnie Morgan) - professional clothing, especially large sizes needed.

Cell phones:

1. Call to Protect Program: 1-888-901-7233 or www.donateaphone.com
2. Family Violence Prevention Center (Chapel Hill): 929-3872
3. Orange County Rape Crisis Center: 968-4647 (and pagers)

Computers:

1. Chapel Hill-Carrboro Head Start: 918-2153 ext. 20291
2. PTA Thrift Shop (call or look online for guidelines): <http://ptathriftshop.com/donate.shtml> or
942-6565 (Carrboro), 942-9412 (Yarnell-Hoffer Donation Center, Chapel Hill)

Eating Disorders:

1. Duke Eating Disorders Program: 668-7301 or <http://eatingdisorders.mc.duke.edu>
2. National Association of Anorexia Nervosa and Associated Disorders, NAANAD (ANAD)
(hotline): 1-847-831-3438 or www.anad.org
3. National Eating Disorders Association (hotline): 800-931-2237 or
www.nationaleatingdisorders.org
4. Overeaters Anonymous(triangle wide): 406-9300 or www.overeateranonymous.com or
www.triangleoa.org

Educational Services:

1. Durham Technical Community College (GED & ESL Programs):
General 686-3300; GED 686-3626
2. Durham Technical English as a Second Language Coordinator: 686-3357

3. Orange County Literacy Council: Chapel Hill: 933-2151, Hillsborough: 732-0868

Employment Services:

1. Employment Security Commission

Hillsborough: 644-1051

Joblink, Chapel Hill: 969-3032 ext. 249

Joblink, Durham: 560-6880

Joblink, Raleigh: 250-4007

2. Orange County Skills Development Job Link Center (Chapel Hill): 969-3032 ext. 229 or 259

3. Work First Orange County DSS (contact Robert Gilmore): 245-2847

Financial Assistance:

Serving Chapel Hill and Carrboro:

1. Department of Social Services: Chapel Hill: 968-2000

2. Interfaith Council (IFC): Community Services, Main St in Carrboro (financial assistance, food vouchers, bus tickets): 929-6380 or 929-9287; Spanish: ext. 25

3. St. Thomas More: (919)942-1040

4. University United Methodist Church (giving funds directly to IFC; check for changes):
929-7191

Serving Northern Orange County:

1. Department of Social Services: Hillsborough: 245-2800

2. OCIM (Hillsborough - financial assistance): 732-6194

Serving Durham County:

1. DSS Adult Services: Durham: 560-8600

2. DSS Immediate Services with children: 560-8301

3. Catholic Social Ministries: 286-1964

4. Salvation Army: 688-7306

5. Presbyterian Urban Ministries: 683-2647

Serving Wake County

1. DSS: 212-7000

Other Service Agencies:

1. JOCCA (Pittsboro - financial assistance): 542-4781

2. Triangle Family Services in Durham & Raleigh (debt management): 821-0790

Consumer credit counseling services: 821-1770 ext. 307

Services in English & Spanish

Government Services:

1. Internal Revenue Service: 800-829-1040
2. Orange County Register of Deeds: 245-2675
3. Social Security Administration (Durham) (retirement benefits, disability claims, SSI, social security cards): 800-772-1213

Health Services:

1. AIDS & STD Hotline (CDC info.): 800-342-AIDS (2437)
2. Cancer Information Service: 800-422-6237
3. Carrboro Community Health Center: 942-8741
4. Community Wholistic Health Center: 732-3390
5. Cornucopia House (cancer support): 401-9333
6. Durham Health Department: 560-7600
7. Duke Health Community Care/ Hospice: 620-3853
8. Duke Women's Health Associates in Chapel Hill: 967-5688
9. Eastowne OBGYN (abortion clinic): Chapel Hill: 942-4100
10. National Herpes Hotline: 361-8488
11. NC Family Health Resource Line: 800-474-9000
12. Orange County Health Department:
Chapel Hill: 968-2022
Hillsborough: 732-8181 ext. 2462
13. Planned Parenthood of Central NC (emergency contraception & abortion clinic)
Chapel Hill & Durham: 929-5402 or 286-2872;
for the Health Center: 942-7762 or 800-230-PLAN
14. Raleigh Women's Health Organization: 783-0444
15. Teer House (health services & support groups including a loss group): 477-2644
16. UNC Hospitals Women's Center (OBGYN Women's Wellness & Specialty Services):
966-2131
17. UNC Women's Hospital operator: 966-4131
18. Women's Birth and Wellness Center (OBGYN/Birthing Center - 930 MLK Blvd.): 933-3301

Holiday Help:

To register ahead of time (in the fall):

1. Christmas House, Chapel Hill Service League (children in the Chapel Hill school district can be referred by their school family specialist to receive holiday gifts): (919)933-1141
2. Interfaith Council (call to apply for Holiday Meals and Toys for Tots) (919)929-6380
3. Orange County Department of Social Services (can refer DSS clients be placed on holiday gift lists) Chapel Hill: (919)968-2000 Hillsborough: (919)245-2800
4. Salvation Army (families must register to receive holiday assistance in the first two weeks of October) Durham: (919)682-7842

Last minute Options:

1. United Way (matches families with agencies that call in to sponsor a family for the holidays, contact Lula): (919)463-5043
2. Toys for Tots (United States Marine Corps.)
Raleigh: (919)834-1968 ext. 23 or (919)828-8172 ext. 28
3. St. Thomas More (may be able to help with food and gifts): (919)942-1040

Hotline/Crisis Services:

1. Chapel Hill Police Department Crisis Unit (social worker unit for crisis situations): 968-2806
2. Child Abuse Hotline: 800-422-4453
3. Helpline (Durham): 683-8628
4. Hopeline (Raleigh) (24-hr crisis line): 231-4525
5. Housing Discrimination: 1-800-669-9777
6. OPC (Orange-Person-Chatham) Mental Health Center
Adult Clinic in Chapel Hill (8am-5pm): 913-4100
Main Screening, Triage, Access & Referral (after 5pm): 913-4100 or (800)233-6834
7. National Runaway Switchboard: 800-RUN-AWAY (786-2929); www.1800runaway.org
8. Teen Talk Line: 231-3626 *82
9. United Way (Information and referral service, access to 2,900 services in the Triangle):
Dial 211 or 1-800-831-1754

Housing Assistance:

1. Interfaith Council (IFC):
Community House (emergency shelter for men & community kitchen): 967-0643
Homestart (emergency shelter & transitional housing for women and their children): 932-6025
2. Chapel Hill Housing and Community Development/ CH Housing Authority

(public housing): 968-2850

3. Durham Rescue Mission (shelter for men, women and children): 688-9641
4. EmPOWERment, Inc. (home buying): 967-8779, www.empowerment-inc.org
5. Orange Community Housing & Land Trust (high quality, affordable homes for low-to-moderate income homebuyers & first time homebuyers classes): 967-1545
6. Orange County Housing and Community Development (urgent repairs program, home improvement loan rehab program, & Section 8 housing): 245-2490
"Section 8" housing vouchers: 969-3016
7. Salvation Army (Wake County): 834-6733
8. Silk Hope Catholic Worker (intentional community in Siler City for women and children): 663-4334
9. Urban Ministries of Durham (Community shelter & kitchen): 682-0538

Immigration:

1. North Carolina Justice Center: Receptionist- 856-2570 or 866-415-1389
To speak to the Immigration Paralegal (new clients should call on Tue. for apt.): 856-2159
2. Hispanic Family Center (ask to speak to the immigration specialist): 873-0094
3. Legal Aid of North Carolina: 542-0475 or 800-672-5834

Legal Services:

1. Dispute Settlement Center: (divorce, custody, & community meditations):
Orange County: 929-8800, Carrboro: 929-8800, Hillsborough: 643-1951, Chatham: 542-4075
2. EEOC (Equal Employment Opportunity Center): 856-4064
3. Legal Aid of North Carolina (free legal services)
Durham: 688-6396 or (800)311-7594 (for clients only)
Pittsboro: 542-0475 or (800)672-5834 (for clients only)
Raleigh: 828-4647
4. N.C. Justice Center: 856-2570
5. N.C. Lawyers Referral Service: 677-8574
6. Orange County Clerk of Courts: 245-2210
7. Orange County Civil Rights Specialist (harassment/discrimination): 960-3875
8. The Women's Center (Free Legal Information Services & Community Legal Project): 968-4610

Lesbian/Gay Services:

1. Lesbian Resource Center: www.trianglelrc.org, email contact: trianglelrc@yahoo.com
2. Fenway Community Health National Hotlines
Gay and Lesbian Helpline: 888-340-GLBT (4528) (6-11pm)
Peer Listening Line: 800- 399-PEER (7337) (25 and under, 5-10pm)
3. Triangle Community Works (Coalition of organizations serving Triangle LGBT communities)
Helpline: (919) 821-0055, Sundays-Thursdays 6:30-9:30

Men's Resources:

1. Triangle Men's Center (Raleigh): 832-0509, www.trianglemenscenter.org

Mental Health Services:

1. Club Nova (rehabilitation program in Chapel Hill for adults w/ serious mental illness):
968-6682
2. Crisis and Assessment Services of Wake County: 24 hr. 250-3133
3. Durham Center for Mental Health
General Information: 560-7100 or 24 hr. (800) 510-9132
Court Services: 560-7103
Crisis Services: 560-7217
4. Family Counseling Services of Durham(Counseling for ages 3 and up): 416-4400
5. Mental Health Association in Orange County (support groups): 942-8083
6. OPC (Orange-Person-Chatham) Mental Health Center
Northside Adult Clinic in Chapel Hill (8am-5pm): 913-4200
Northside Child and Family Counseling Center in Chapel Hill: 913-4400
Main Screening, Triage, Access & Referral (after 5pm): 913-4100 or (800)233-6834
7. Threshold (rehabilitation program in Durham for adults w/ serious mental illness): 682-4124
8. Triangle Family Services (Raleigh): 821-0790, www.trianglefamilyservices.org
9. UNC Hospital - Psychiatric Outpatient Clinic: 966-5217
10. UNC Student Psychological Services (Counseling and Psychological Services): 966-3658
11. Wake County Human Services: 212-7000

Rape Crisis:

1. Chapel Hill Police Department: Crisis Unit (Crisis intervention, safety planning): 968-2806
2. Durham Crisis Response Center:

For crisis situations or counseling: 403-6562

For administrative staff: 403-9425

3. Family Violence/Rape Crisis Center (Pittsboro): Crisis Line 545-0224 Office 542-5445

4. Interact (Raleigh): 828-3005

5. Orange County Rape Crisis Center:

For crisis situations or counseling: 967-7273

For administrative staff: 968-4647

Senior Services:

1. Alzheimer's Association Helpline: 800-228-8738

2. Chapel Hill Senior Center: 968-2070

3. Council for Senior Citizens: 688-8247

4. Geriatric Mental Health:

Geriatric Specialist (OPC Area MH/DD/SA Authority): 732-9361 ext. 2025 (contact: Linda Hunter or Janet Hudson)

Wake County geriatric psych. department: 250-3132

5. the Orange County Department on Ageing: 968-2087

6. Resources for Seniors: 872-7933

7. Senior Pharmacist (Durham): 688-4772

Spanish Services:

1. Catholic Social Ministries Hispanic Family Ministries: 286-1964 ext. 4

2. Durham Technical Community College ESL Offered: 686-3357

3. El Centro Hispano (Durham Community Center): 687-4635

4. El Centro Latino (Carrboro): 932-HOLA (4652)

5. El Futuro (mental health services in Carrboro): 338-1939

6. El Pueblo (Raleigh Advocacy & Policy Center): 835-1525

7. Inter-Faith Council (Carrboro) Hispanic Outreach: 929-9287 ext. 25

8. "Su Familia" National Hispanic Family Health Helpline: 866-783-2645 / 866-SU-FAMILIA

Substance Abuse Services:

1. Alcoholics Anonymous: 933-3877

2. Crisis and Assessment Services of Wake County: 24 hr. 250-3133

3. Durham County Substance Abuse Services (The Durham Center): 560-7100

4. Freedom House Recovery Center (substance abuse recovery): 942-2803
5. Horizons (substance abuse treatment for pregnant/parenting women): 966-9803
6. Narcotics Anonymous: Durham- 956-5900 Raleigh- 831-5100
7. OPC Mental Health Center (Individual and group substance abuse treatment)
Chapel Hill: 913-4200

Women's Services:

1. Carolina Women's Center (resources and referrals for UNC students, staff, and faculty):
962-8305
2. Chapel Hill NOW (National Organization for Women): www.now.org,
email contact: nc-now@mindspring.com
3. Duke University Women's Center: 684-3897
4. Orange County Commission for Women: 960-3875
5. The Women's Center (Chapel Hill): 968-4610, www.womenspace.org
5. The Women's Center of Wake County: 829-3711, www.wcwc.org
6. Women's Center of Fayetteville: 910-323-3377, www.wcof.org
7. Women In Action (Durham): 919-680-4575
8. Women's Resource Center of Greensboro: 336-275-6090, www.womenscentergso.org
9. Women's Resource Center of Hickory: 828-322-6333, www.wrchickory.org/index.htm
10. Women's Resource Center of Alamance County: 336-227-6900, www.wrcac.com