

## COMMONLY USED REFERRALS

Updated June 2006

### 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.arcoforange.org](http://www.arcoforange.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](http://www.RosenDivorce.com/seminars)
2. Divorce Legal Workshop: 256-1556 or [www.RosenDivorce.com/seminars](http://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](http://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 can 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: 942-6565 (Carrboro), 942-9412 (Yarnell-Hoffer Donation Center, Chapel Hill) & 542-4070 (Chatham); Call 417-0553 to arrange a truck pickup of large items
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](http://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](http://www.anad.org)
3. National Eating Disorders Association (hotline): 800-931-2237 or [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
4. Overeaters Anonymous(triangle wide): 406-9300 or [www.overeateranonymous.com](http://www.overeateranonymous.com) or [www.triangleoa.org](http://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 to 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](http://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](http://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](http://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](http://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](http://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](http://www.now.org), email contact: [nc-now@mindspring.com](mailto: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](http://www.womenspace.org)
5. The Women's Center of Wake County: 829-3711, [www.wcwc.org](http://www.wcwc.org)
6. Women's Center of Fayetteville: 910-323-3377, [www.wcof.org](http://www.wcof.org)
7. Women In Action (Durham): 919-680-4575
8. Women's Resource Center of Greensboro: 336-275-6090, [www.womenscentergso.org](http://www.womenscentergso.org)
9. Women's Resource Center of Hickory: 828-322-6333, [www.wrchickory.org/index.htm](http://www.wrchickory.org/index.htm)
10. Women's Resource Center of Alamance County: 336-227-6900, [www.wrcac.com](http://www.wrcac.com)