RESOURCE DIRECTORY - 10/2020

EMERGENCY SERVICES

Suicide Prevention: 800-273-8255  Homeless Hotline: 919-245-2655
Hope4NC Crisis Line: 855-587-3463  IFC Food Bank: 919-929-6380

Rape Crisis Center: (919) -968-4647
1506 E Franklin St #200, Chapel Hill, NC 27514
https://ocrcc.org/

PEER-BASED SUPPORT

AA
12 step recovery program for anyone struggling with alcohol use.
Orange/Chatham/Alamance
(919) 783-6144
https://www.aanc33.org/

Durham
(919) 286-9499
http://www.aanc32.org/

Al-Anon/Alateen
Mutual support program for people whose lives have been affected by someone else's drinking.
(800) 243-4035

Alcohol/Drug Council of NC
800.688.4232
Substance misuse prevention, treatment, and resourcing
https://www.alcoholdrughelp.org/

Celebrate Recovery
It is a Christ centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind.
https://www.celebraterecovery.com/

North Carolina Families United
Family support and advocacy organization that links families to local and statewide services
336-395-8828
https://www.ncfamiliesunited.org/

UNC Student Wellness
ALL possible wellness resource hub for services for UNC students.
(919) 962-9355
https://studentwellness.unc.edu/

Penny Lane Farms
A respite with therapeutic programs and activities for individuals with severe and persistent mental illness.
(919) 445-0665
https://www.med.unc.edu/psych/cecmh/recovery-rehabilitation/the-farm-at-penny-lane/

NA - Orange
12 step recovery program for anyone struggling with substance use.
919-831-5321
https://ncregion-na.org/our-primary-purpose/

Triangle Smart Recovery
The SMART approach is secular and science-based, using cognitive behavioral therapy and non-confrontational motivational methods
https://trianglesmartrecovery.org/

Recovery Communities of North Carolina
Addiction recovery, wellness and citizenship through advocacy, education and support.
919-231-0248
https://www.rcnc.org/

Recovery Community of Durham
Promotes recovery, wellness and citizenship through advocacy, education and support in Durham, North Carolina.
919-641-9988
https://www.recoverycommunityofdurham.org/
### FIT Program (Durham County)
The Formerly Incarcerated Transition (FIT) Program aims to connect all formerly incarcerated individuals who have a chronic disease with a primary care provider and a comprehensive reentry plan.
919-672-8929
https://www.dcopublichealth.org/services/nutrition/fit-program

### Movement of Youth
Quality mentoring relationships for North Carolina’s young people while working to address the systemic barriers that they face on a daily basis.
(800) 956-3820
https://mentornc.org/

### El Centro Hispano
Non-profit organization dedicated to strengthening the community, building bridges and advocating for equity and inclusion for Hispanics/Latinos in the Triangle area of North Carolina.
(919) 945-0132 (CH)
(919) 687-4635 (Durham)
(984) 208-2158 (Raleigh)
https://elcentronc.org/

### Music Over Mind
Music Over Mind, Inc. (M.O.M.) is a private non-profit organization dedicated to the betterment of mental health through the sublime medium of music.
984-999-5220
http://momoutreach.org/

### Community Resource

#### El Futuro
Outpatient clinic that provides comprehensive mental health and substance use services for Latino
2020 Chapel Hill Rd #23, Durham, NC 27707
(919) 688-7101
https://elfuturo-nc.org/

#### NC Families United
Link families to State and community partners for the purpose of improving the lives of children, youth, and families with emotional, behavioral, or mental health needs
795 Boone Station Dr, Burlington, NC 27215
(336) 395-8828
https://www.ncfamiliesunited.org/

#### Partners for Youth Opportunity
Mentoring/Resourcing Durham youth to access the educational, economic, and social assets to experience a self-determined and sustainable life.
(919) 536-4230
https://pyopportunity.org/

#### Refugee Community Partnership (RCP)
Address immediate needs-like finding employment or housing- while working toward long-term goals, like going to college or buying a car.
(919) 590-5910
https://refugeecommunitypartnership.org/

#### Boomerang
Mentoring/Resourcing: provide youth with the support they need in times of crisis and beyond, to manage their challenges, cope with adversity and become resilient, independent young people.
825a, N Estes Dr, Chapel Hill, NC 27514
(919) 968-2146
https://boomerangyouth.org/

#### Boys and Girls Club (Orng & Camps and clubs that inspire and enable young people to reach their potential as productive, caring, and responsible citizens.
1010 Martin Luther King Jr Pkwy, Durham, NC 27713
(919) 687-4517
https://www.bgcdoc.org/

#### Wounded Healers
Reintegrative support for formerly incarcerated men
919-260-7835

#### InterFaith Council (IFC)
Housing, Food, and Financial insecurity support
(919) 929-6380
www.ifcweb.org
<table>
<thead>
<tr>
<th><strong>Resource Directory - 10/2020</strong></th>
</tr>
</thead>
</table>
| **Alliance Health Plan**  
Alliance does not provide services, but instead manages mental health, substance use, and intellectual/developmental disability services for children and adults through a large network of private providers.  
5200 Paramount Parkway, Suite 200 Morrisville, NC 27560  
(919) 651-8401  
[https://www.alliancehealthplan.org/](https://www.alliancehealthplan.org/) |
| **Catholic Charities (Wake)**  
Food insecurity and counseling  
3000 Highwoods Blvd. Suite 128  
Raleigh, NC 27604  
919-790-8533  
[https://www.catholiccharitiesraleigh.org/](https://www.catholiccharitiesraleigh.org/) |
| **Cardinal Innovations**  
Crisis Counseling and General Information. Cardinal helps people with complex needs who receive Medicaid, or who might not have insurance, access services and supports in their communities.  
800-939-5911  
[https://www.cardinalinnovations.org/](https://www.cardinalinnovations.org/) |
| **CEF (Chapel Hill)**  
Financial & Resourcing Support  
919-200-0233  
[https://communityempowermentfund.org/](https://communityempowermentfund.org/) |
| **CEF (Durham)**  
Financial & Resourcing Support  
919-797-9233  
[https://communityempowermentfund.org/](https://communityempowermentfund.org/) |
| **Catholic Charities (Alamance)**  
Food insecurity and counseling  
328 W Davis St. Burlington, NC 27215  
[https://www.catholiccharitiesraleigh.org/](https://www.catholiccharitiesraleigh.org/) |
| **Dispute Settlement Center**  
Mediation and Restorative Practices  
302 W Weaver St # A  
Carrboro, NC 27510  
(919) 929-8800  
| **El Centro Hispano (Durham)**  
Strengthening the community, building bridges and advocating for equity and inclusion for Hispanics/Latinos in the Triangle Area of North Carolina in – Education – Economic Development – Health & Well-being – Community Engagement & Advocacy  
200 Chapel Hill Road, Suite 26A  
Durham, NC, 27707  
(919) 687-4635  
[https://elcentronc.org/](https://elcentronc.org/) |
| **El Centro Hispano (Orange)**  
Strengthening the community, building bridges and advocating for equity and inclusion for Hispanics/Latinos in the Triangle Area of North Carolina in – Education – Economic Development – Health & Well-being – Community Engagement & Advocacy  
201 West Weaver Street  
Carrboro, NC 27510  
(919) 945-0132  
[https://elcentronc.org/](https://elcentronc.org/) |
| **Carrboro Community Health Center, Piedmont Health Services**  
High-quality, affordable, and comprehensive primary health care.  
301 Lloyd St, Carrboro, NC 27510  
(919) 942-8741  
[https://www.piedmonthealth.org](https://www.piedmonthealth.org) |
| **THERAPEUTIC SERVICES**  
Grow Well  
Mindfulness- and compassion-oriented therapeutic support, as well as non-dieting approaches to healthy eating and lifestyle habit change.  
125 Kingston Dr #107, Chapel Hill, NC 27514  
919-551-3173  
<table>
<thead>
<tr>
<th>Resource Directory</th>
<th>Durham Resource</th>
<th>Chapel Hill Resource</th>
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<tbody>
<tr>
<td>Carolina Outreach</td>
<td>Duke Addictions Program and Family Care Program</td>
<td>Pinnacle Family Services</td>
</tr>
<tr>
<td>Therapy and resourcing for teens and adults.</td>
<td>902 Broad Street, Durham, NC 27705</td>
<td>Family Centered Therapy and Therapeutic Foster Care</td>
</tr>
<tr>
<td>844-866-1166</td>
<td>919-684-0100</td>
<td>3117 Poplarwood Court, Suite 350</td>
</tr>
<tr>
<td>Youth Villages</td>
<td>Duke Medical Center</td>
<td>UNC Alcohol and Substance Abuse Program (ASAP)</td>
</tr>
<tr>
<td>Residential and In-home treatment and Crisis Care and Support</td>
<td>Outpatient Substance Abuse Services</td>
<td>Addiction Treatment</td>
</tr>
<tr>
<td>1822 E, NC-54 #300, Durham, NC 27713</td>
<td>(919) 684-3851</td>
<td>984-974-6320; alt. 888-457-7457</td>
</tr>
<tr>
<td>Art Therapy Institute</td>
<td>Center for Child and Family Health (Healthy Families of Durham)</td>
<td>UNC Dept. of Psychiatry</td>
</tr>
<tr>
<td>Strengths-based, culturally responsive art therapy that supports well-being and mental health in our community.</td>
<td>Child/Family Therapy</td>
<td>101 Manning Dr., Chapel Hill, NC 27599</td>
</tr>
<tr>
<td>200 N Greensboro St, Carrboro, NC 27510</td>
<td>1121 W. Chapel Hill Street, Ste. 100 Durham, NC 27701</td>
<td>(919) 966-5217</td>
</tr>
<tr>
<td><a href="http://www.ncati.org/home">http://www.ncati.org/home</a></td>
<td><a href="https://www.ccfhnc.org/about-ccfh/">https://www.ccfhnc.org/about-ccfh/</a></td>
<td>UNC Psychiatry (walk-in clinic)</td>
</tr>
<tr>
<td>Freedom House Recovery Center - Durham</td>
<td>Insight Human Services</td>
<td>919-966-2166</td>
</tr>
<tr>
<td>Crisis, Residential, in-patient, out-patient, Clinical Assessments...and more.</td>
<td>Substance Use Prevention, Intervention, Treatment</td>
<td>UNC Psychiatry (Mental Health)</td>
</tr>
<tr>
<td>400-D Crutchfield St, Durham, NC 27704</td>
<td>665 W 4th St, Winston-Salem, NC 27101</td>
<td>919-966-5217</td>
</tr>
<tr>
<td>(919) 251-8806</td>
<td>(336) 725-8389</td>
<td><a href="https://freedomhouserecovery.org/">https://freedomhouserecovery.org/</a></td>
</tr>
<tr>
<td><a href="https://freedomhouserecovery.org/">https://freedomhouserecovery.org/</a></td>
<td><a href="https://insightnc.org/">https://insightnc.org/</a></td>
<td>UNC Psychiatry (Substance Abuse)</td>
</tr>
<tr>
<td>Freedom House Recovery Center - Chapel Hill</td>
<td>Josh’s Hope Foundation</td>
<td>919-966-6039</td>
</tr>
<tr>
<td>Crisis, Residential, in-patient, out-patient, Clinical Assessments...and more.</td>
<td>Serves residents of Central North Carolina, ages 18-35 who live with mental health conditions and/or struggle with a substance disorder. Provides vocational skills, life skills, and therapeutic supports customized to meet the needs of participants.</td>
<td><a href="https://carolinacountyservices.org/">https://carolinacountyservices.org/</a></td>
</tr>
<tr>
<td>919-942-2803</td>
<td>919-245-0072</td>
<td><a href="https://www.joshshopefoundation.org/">https://www.joshshopefoundation.org/</a></td>
</tr>
</tbody>
</table>
UNC: CAPS - University Counseling Service
919-966-3658

Youth Villages
Residential and In-home treatment and Crisis Care and Support
1822 E, NC-54 #300, Durham, NC 27713
919-474-6400
https://www.youthvillages.org