



Community Resources and Support

Childcare Services

Child Care Resource and Referral (CCR&R)

The program educates families about childcare and provides referrals to centers and homes.

The Smart Start Scholarship Program provides childcare scholarships to eligible families with children aged up to 5 for childcare.

Phone: **919-403-6950**

earlyyearsnc.org/program/ccrr

Crisis-related Resources

Mobile Crisis Units

Services are available full-time for crisis prevention or if you or someone you know is experiencing a crisis related to mental health, substance abuse, or developmental disabilities. Mobile Crisis teams can meet you in a safe location, including your home, school, or workplace.

To find the mobile crisis unit contact for your county, go to crisissolutionsnc.org/

There are local domestic violence agencies that serve all 100 counties across North Carolina. They offer a variety of services, from 24-hour confidential crisis hotlines to emergency shelter to support groups and counseling. Here is a link to search for agencies by county: nccadv.org/get-help/

Food, Nutrition, Transportation, and Well-being Resources

211 United Way

Families and individuals can dial **2-1-1** or **1-888-892-1162** to obtain free and confidential information on health and human services and resources within their community including food, rent/utility assistance, housing, mental health, work support, non-English language resources, and more. nc211.org



Duke Women's Health

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Food, Nutrition, Transportation, and Well-being Resources (cont.)

End Hunger in Durham

The organization envisions a unified and just food system where healthy food is available to everyone. Visit endhungerdurham.org to find a searchable list of food pantries and other food resources.

Help Finder

Search by zip code to find food pantry and other resources. findhelp.org

Medicaid Transportation Assistance

Service provides non-emergency transportation to scheduled medical and psychiatric appointments. Call to enroll and schedule and have your Medicaid number with you.

- AMERIHEALTH: 833-498-2262
- BCBS- Healthy Blue: 855-397-3602
- UHC: 800-349-1855
- WELLCARE: 877-589-7602
- Carolina Complete Health: 855-397-3601

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Provides nutrition education, breastfeeding support, healthy food, health referrals, and other services free of charge to families who qualify. Must bring proof of Identification (for all individuals applying for WIC), proof of income (for all household members with income), and proof of residence. ncdhhs.gov/ncwic

USDA National Hunger Hotline

1-866-348-6479 or (1-877-842-6273 for Spanish). Information is available in English and Spanish. The hotline operates Monday through Friday, 7:00 a.m. to 10:00 p.m. Eastern Time.

Housing Resources

Alamance County

Coordinated Housing Assessment.

Call 336-229-0881 Ext. 104, M-F, 8 a.m. - 4 p.m.

City Gate Dream Center

citygatedreamcenter.com

Durham County

Coordinated Entry (also called Entry Point Durham). Call 984-287-8313 to inquire about housing including emergency shelters and waitlists. Family Shelter in Durham: Families Moving Forward.

fmfnc.org/

Orange County

Orange County Homeless Information Line. Call 919-245-2655 to inquire about housing, including emergency shelters and waitlists. Family Shelter in Chapel Hill: IFC Homestart Shelter for Women and families.

ifcweb.org/services/homestart

Wake County

"House Wake!" Call the Access Hub at 919-443-0096 to inquire about housing including emergency shelters and waitlists.



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Intimate Partner Violence Resources

Comprehensive Domestic Violence Resources

Guide to services in Raleigh and Wake Counties. Includes emergency shelters and support groups. Available at Word of Truth and Hope. wordoftruthandhope.org/

InterAct of Wake County

Primary provider of domestic violence and sexual assault services in Wake County. Offers crisis intervention, support groups, and counseling programs. 24/7 Crisis Hotline: **919-828-7740** interactofwake.org/

Statewide Resources

North Carolina Coalition Against Domestic Violence (NCCADV). Provides a list of statewide resources including hotlines and shelters nccadv.org/

The National Domestic Violence Hotline and Website

Always available to you and provide support through telephone, chat, and text. thehotline.org
1-800-799-SAFE (7233)

Victim Services and Domestic Violence Unit

Assists with protective orders and legal support. Contact through Wake County Sheriff's Office
Phone: **919-856-5623**
Website: wake.gov/departments-government/sheriffs-office-willie-rowe-sheriff/divisions/victim-services

Additional Support

If in immediate danger, call 911
National Domestic Violence Hotline:
1-800-799-7233
Text Support: **Text HOME to 741741**

Legal Services/Custody/Domestic Violence Assistance Resources

Legal Aid of North Carolina

A statewide, nonprofit law firm that provides free legal services in civil matters to low-income people to ensure equal access to justice and to remove legal barriers to economic opportunity. They also offer services for Domestic Violence and Child Custody issues.
Toll-Free Helpline: **1-866-219-LANC**
legalaidnc.org/get-help/our-services

The National Domestic Violence Hotline and Website

Always available to you and provide support through telephone, chat, and text. thehotline.org
1-800-799-SAFE (7233)



Community Resources and Support

Duke OB/GYN Care Coach (Pregnancy Care Journey)

obgyn.my.dukehealth.org/pregnancy

Perinatal/Postpartum Support and Mental Health Resources

Breastfeed Durham

Breastfeed Durham advocates for changes surrounding breastfeeding, chest feeding, and human milk feeding. They provide resources and support to allow families to meet their personal feeding goals. On the website, you can find information and connection to Lactation Supports, Working and Breastfeeding, Spanish Language lactation supports, and more.

breastfeeddurham.org

Cloth Diapers Distribution

The Cloth Option distributes new or gently used cloth diapers and other reusable hygiene products to families in need. Newborns receive 20 cloth diaper changes, infants receive 15 changes, and potty-toddlers receive 10 changes.

Email: info@theclothoption.org English/Spanish.

Apply at theclothoption.org/apply

Diaper Bank of North Carolina

Organization provides diapers, hygienic products, and adult incontinence products. Serves the Triangle area, greater Triad area, and lower Cape Fear area. Directory of locations:

ncdiaperbank.org/triangle

Phone: 919-886-8085

Email: info@ncdiaperbank.org

ncdiaperbank.org

Diaper Train

Non-profit diaper bank exclusive to Wake County
diapertrain.org/

La Leche League (LLL)

Provides resources and education on topics that may interest parents who are breastfeeding. They also host free meetings for those who are breastfeeding, pumping, and human milk feeding. Meeting locations can be found on the website. Of note, there are groups/leaders that support languages other than English. For additional meetings outside of Durham visit llusa.org/locator/

MAAME (Mobilizing African American Mothers through Empowerment)

Provides holistic maternal care that supports families through every stage of the parenting journey. Through culturally rooted services and community-led change, the organization advances dignity, equity, and long-term impact.

maameinc.org/

Moms Supporting Moms (MSM)

Peer-led, judgment-free support group for women struggling with issues related to pregnancy, delivery, and early motherhood. The weekly support group meetings provide a confidential and safe environment for sharing stories, discussing problems, and seeking solutions. MSM meets in the Rex Healthcare Medical Plaza. Women may obtain the exact location by calling the phone support line (919-454-6946) and speaking with a



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Perinatal/Postpartum Support and Mental Health Resources (cont.)

volunteer. MSM also has a mentoring program that pairs participating women with trained volunteers who are experienced moms themselves. Mom mentors offer guidance in understanding the baby's needs, feeding, growth, and development.

safechildnc.org/moms-supporting-moms/

Postpartum Support International

This is a long-established and comprehensive organization with resources including information, multiple support groups, a warm line, and a searchable directory of therapy providers that specialize in perinatal mental health.

postpartum.net

Postpartum Support International (PSI) has numerous virtual support groups available to families. Some of their groups include postpartum support, NICU parents, parents of multiples, parents of special needs, military moms, etc. These groups may include people from the U.S. as well as around the world. If interested in enrolling, go to this website and click on "register for a support group here" postpartum.net/get-help/psi-online-support-meetings/

The 4th Trimester Project

Hosts a comprehensive website that includes guidance for recovering from pregnancy and birth, postpartum planning, mom-centered infant care strategies, tips for navigating relationships, ideas for building a village of support, and ways to connect with other moms.

newmomhealth.com

The National Maternal Mental Health Hotline

(1-833-943-5746) is available 24/7, 365 days a year, in English or Spanish and other languages by request. Staffed by licensed and credentialed perinatal mental health and healthcare providers, childbirth professionals, and certified peer specialists, the Hotline provides immediate and informed access to support, understanding, brief intervention, and resources to all pregnant, postpartum, and post-loss individuals and their partners and families.

Welcome Baby (Durham County Residents ONLY)

Organization strives to strengthen families with young children by providing accurate child development information and emotional and practical support.

Visit welcomebaby.org to learn more about support for car seats, baby/child supplies through the Giving Closet, cribs, and parenting classes.

