

Health and Wellness Resource List

Orange County Health Department
300 W. Tryon Street
Hillsborough, NC 27278
919-245-2400

www.orangecountync.gov/health



Table of Contents

Orange County Health and Wellness Resource List

Abuse/Domestic Violence	3
Animal Care and Protection.....	3
Cancer	4
Child Health.....	4
Community Organizations	5
Counseling/Referral	5
Dental Health	6
Diabetes	13
Emergency/First Responders.....	14
Employment	15
Faith/Spiritual	16
Health Clinic	17
Health Insurance	18
Health Referral Lines	19
Hearing Care.....	19
Heart Disease/Stroke	19
HIV/AIDS	19
Hospitals	20
Housing	20
Latino-Focused Resources	22
Legal / Advocacy / Human Rights	22
Maternal and Child Health	23
Men's Health	24
Mental Health	24
Nutrition	25
Orange County Health Department Divisions / Services	25
Persons with Disabilities.....	26
Poison Control.....	27
Recreation and Parks.....	28
Schools/Education.....	29
Senior Health.....	30
Sex / Sexuality Concerns	31
Social Assistance Services.....	32
Substance Abuse	34
Support Groups	35
Teen/Adolescent Health Orange County Cooperative Extension - 4-H Program	37
Transportation	37
Women's Health.....	38
Appendix 1	39

Abuse/Domestic Violence

National Child Abuse Hotline

Phone: 800-422-4453
Web site: www.childhelp.org

Compass Center for Women and Families

Phone: 919-968-4610
Address: 210 Henderson Street
Chapel Hill, NC 27514
Website: www.womenspace.org
Description: The Compass Center formed from the merger of The Women's Center and the Family Violence Prevention Center of Orange County. Compass provides services to prevent and end domestic violence, facilitates financial stability through career and financial education, and guides individuals through difficult legal questions with legal resources.

Durham Crisis Response Center

Phone: 919-403-6562 (24-Hour Crisis Line)
Address: 206 N. Dillard Street
Durham, NC 27701
Website: www.durhamcrisisresponse.org
Description: The Durham Crisis Response Center works with the community to end domestic and sexual violence through advocacy, education, support and prevention.

National Run Away Hotline

Phone: 800-231-6946
Website: www.1800runaway.org

Orange County Rape Crisis Center – Two Locations

Chapel Hill

Phone: 919-968-4647 (or 1-866-WE-LISTEN)
Address: 1506 E. Franklin Street, Suite 302
Chapel Hill, NC 27514

Hillsborough

Phone: 919-643-0722 (or 1-866-WE-LISTEN)
Address: 109 Millstone Drive, Suite B
Hillsborough, NC 27278
Website: www.occcc.org
Description: The Rape Crisis Center provides services to victims of sexual violence and community education on prevention of sexual

Town of Chapel Hill - Crisis Unit

Phone: 919-968-2806
Address: 828 Martin Luther King Blvd
Chapel Hill, NC 27514
Website: www.townofchapelhill.org
Description: The crisis unit has counselors who respond to emergency situations, most referred by Chapel Hill police officers. The types of calls to which they respond include: psychiatric emergencies and suicide attempts, crime victims, family violence and child abuse, sexual assault, indecent exposure, interpersonal conflicts and traumatic events such as a death of a family member, missing child or residential fire.

Animal Care and Protection

Orange County Animal Services

Phone: 919-942-7387
Address: 1601 Eubanks Road
Chapel Hill, NC 27516
Website: www.co.orange.nc.us/animalservices
Description: The Animal Services Department is responsible for Animal Control and Animal Sheltering activities within Orange County.

Animal Protection Society of Orange

Phone: 919-304-2300
Address: 6311-A Nicks Road
Mebane, NC 27302
Website: www.animalprotectionsociety.org
Description: Local animal rights organization.

Cancer

American Cancer Society

Phone: 919-334-5218
Address: 8300 Health Park, Suite 10
Raleigh, NC 27603
Website: www.cancer.org
Description: Cancer resources and education for consumers and professionals.

Cornucopia House

Phone: 919-401-9333
Address: Cornucopia Cancer Support Center
5517 Durham-Chapel Hill Blvd.
Suite 1000
Durham, NC 27707
Website: www.cancersupport4u.org/
Description: Provides education, companionship, and support to help people with cancer explore the best choices for their own approach to coping with cancer.

Child Health

Chapel Hill Pediatrics

Phone: 919-942-4173
Address: 205 Sage Road
Chapel Hill, NC 27514
Website: www.chapelhillpeds.com
Description: Medical services for infants, children, and teenagers.

Child Care Networks

Phone: 919-542-6644
Address: 117 E. Salisbury Street.
Pittsboro, NC 27312
Website: www.childcarenetworks.org
Description: The mission of Child Care Networks Inc. is to ensure that safe, nurturing childcare is available to every Chatham County child, regardless of circumstance.

Cleft Palate Foundation

Phone: 919-933-9044
Address: 1504 E. Franklin Street, Suite 102
Chapel Hill, NC 27514
Website: www.cleftline.org
Description: The Cleft Palate Foundation is a non-profit organization dedicated to optimizing the quality of life for individuals affected by facial birth defects.

Orange County Partnership for Young Children

Phone: 919-967-9091
Address: 120 Providence Rd. Suite 101
Chapel Hill, NC 27514
Website: www.orangesmartstart.org
Description: The Partnership is a nonprofit organization dedicated to ensuring that every child in Orange County arrives at school healthy and ready to succeed.

Community Organizations

El Centro Hispano

Phone: 919-687-4635
Address: 201 West Main Street, Suite 100
Durham, NC 27701 Carrboro Branch
104 Hwy 54 Unit FFF
Carrboro, NC 27510
Phone: 919-945-0132
Fax: 919-945-0141
Email: info@elcentronc.org
Website: www.elcentronc.org
Description: El Centro Hispano (ECH) is a 501 (c) (3) grassroots community based organization dedicated to strengthening the Latino community and improving the quality of life of Latino residents in Durham, Carrboro, Chapel Hill and surrounding areas.

NC Prevention Partners

Phone: 919-969-7022 / 888-919-6277
Address: 88 Vilcom Circle Suite 110
Chapel Hill, NC 27514
Website: www.ncpreventionpartners.org
Description: A statewide non-profit, organization dedicated to building effective prevention systems in NC communities to improve health of all residents.

American Red Cross Central NC Chapter

Phone: 919-942-4862 x221
Address: 4737 University Dr
Durham, NC 27707
Phone 919-489-6541
Fax 919-489-4026
Website: www.cncredcross.org/
Description: The American Red Cross provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies.

The Medical Foundation of North Carolina, Inc

Phone: 919-966-1201
Address: 880 Martin Luther King Jr. Blvd.
Chapel Hill, NC 27514
Website: www.medicalfoundationofnc.org
Description: The Medical Foundation is responsible for encouraging private gift support of programs throughout the School of Medicine and the UNC Hospitals.

Counseling/Referral

Catholic Social Ministries

Phone: 919-286-1964
Address: 902 Broad Street P.O. Box 647
Durham, NC 27702
Description: Sliding scale counseling, clothing closet, emergency financial assistance.

Dispute Settlement Center

Phone: 919-929-8800
Address: 302 Weaver Street
Carrboro, NC 27510
Website: www.disputesettlement.org
Description: Mission is to promote and bring about the peaceful settlement of disputes and to prevent the escalation of conflict through mediation, conciliation, facilitation, and training.

El Futuro

Phone: 919-338-1939
Address: 110 W. Main St., Suite 2H
Carrboro, NC 27510
Website: www.elfuturo-nc.org
Description: El Futuro serves the mental health and addiction needs of Latino children and their families.

UNC Hospital Crisis Intervention

Phone: 919-966-2166 / 919-966-4131
Chapel Hill, NC
Website: www.unchealthcare.org

Volunteers For Youth Program

Phone: 919-967-4511
Address: 250 Lloyd Street, Suite 103
Carrboro, NC 27510
Website: www.volunteersforyouth.org
Description: Volunteers for Youth works with at risk youth, their families and the community of Orange County, NC to foster relationships that promote a climate of mutual caring and respect for the purpose of helping young people.

Dental Health

Affordable Dentures

Website: www.affordabledentures.com
Phone: 1-800-DENTURES

Alison B. Lohma

Phone: 919-967-9622
Address: 109 Conner Drive, Suite 2100
Chapel Hill, NC 275147039
Description: General Practice

Andrew Lee Rudd

Phone: 919-932-1616
Address: 891 Willow Drive, Suite 4
Chapel Hill, NC 27514
Description: Endodontics

Angela G. Ellis

Phone: 919-960-0155
Address: 120 Conner Drive, Suite 201B
Chapel Hill, NC 27514
Description: General Practice; Accepts Medicaid

Annelise Cecile Hardin

Phone: 919-967-2773
Address: 410 Market Street, Suite 430
Chapel Hill, NC 27516
Description: Pediatric Dentistry

Annu Sood

Phone: 919-967-9622
Address: 109 Conner Drive, Suite #2100
Chapel Hill, NC 27514
Description: General Practice

Avni C. Rampersaud

Phone: 919-929-0489
Address: 205 Sage Road, Suite 202
Chapel Hill, NC 27516
Description: Pediatric Dentistry; Accepts Medicaid; Limited
New Patients Must Call

Barbara T. Hershey

Phone: 919-967-0474
Address: 1525 E. Franklin Street
Chapel Hill, NC 27514
Description: Orthodontics

Barry D. Kendell

Phone: 919-929-2196
Address: 501 Eastowne Drive, Suite 110
Chapel Hill, NC 27514
Description: Oral Surgery

Bilal K. Saib (Chapel Hill Advanced Dentistry)

Phone: 919-933-3388
Address: 400 Market Street, Suite 220
Chapel Hill, NC 27516
Description: General Practice

Brian Alan Vandersea

5826 Fayetteville Road
Durham, NC 27713 Phone: 919-929-2196
Address: 501 Eastowne Drive, Suite 110
Chapel Hill, NC 27514
Description: Oral Surgery

C. Michael Willock

Phone: 919-942-2154
Address: 861 Willow Drive
Chapel Hill, NC 27514
Description: General Practice

Carolina Smiles

Phone: 919-620-6700
Address: 4210 N. Roxboro Road
Durham, NC 27704
Description: Childrens Medicaid Dental Clinic; Accepts Medicaid; Ages 1-21 years, new patients welcome

Carousel Dentistry - Greg & Rachel Perentis, DDS

Phone: 919-361-1998
Address: 5310 Highway 55, Suite 103
Durham NC 27713
Description: Accepts Medicaid; ages 1-21; new patients welcome

Celeste Hunter Sloop

Phone: 919-942-3566
Address: 202 Henderson Street
Chapel Hill, NC 27514
Description: General Practice

Charles Ural Mauney, Jr.

Phone: 919-933-1007
Address: 223 Timberhill Place
Chapel Hill, NC 27514
Description: Pediatric Dentistry

Complete Dental Care

Phone: 919-680-3368
Description: Accepts Medicaid

Dale Eugene Thompson

Phone: 919-933-7777
Address: 1504 E. Franklin Street, Suite 201
Chapel Hill, NC 27514
Description: General Practice

Daniel K. Cheek

Phone: 919-732-4041
Address: 118 Millstone Drive
Hillsborough, NC 27278
Description: General Practice

David E. Boaz

Phone: 919-942-7550
Address: 891 Willow Drive, Suite 5
Chapel Hill, NC 27514
Description: General Practice

David E. Frost

Phone: 919-929-2196
Address: 401 Providence Road
Chapel Hill, NC 27514
Description: Oral Surgery

David E. Hoyle

Phone: 919-969-9330
Address: 400 Meadowmont Village Circle, Suite 427
Chapel Hill, NC 27517-7505
Description: General Practice

David J. Dobson

Phone: 919-929-7155
Address: 401 Providence Road, Suite 101
Chapel Hill, NC 27514
Description: General Practice

Debra L. Seaton

Phone: 919-968-3709
Address: 203 N Greensboro Street
Carrboro, NC 27510
Description: General Practice

Health and Wellness Resource List - Orange County Health Department

Debra Sacco

Phone: 919-929-2196
Address: 401 Providence Road
Chapel Hill, NC 27514
Description: Oral Surgery

Dennis W. Ellis

Phone: 919-968-9806
Address: 88 Vilcom Circle, Suite 190
Chapel Hill, NC 27514
Description: General Practice; Accepts Medicaid for
Established Patients Only

DentalWorks - Dr. Silvoy

Phone: 919-471-3315
Address: 3600 N. Duke Street
Durham, NC 27704
Description: General Dentistry

Diane Renae Hourigan

Phone: 919-967-2472
Address: 901 Willow Drive, Suite 4
Chapel Hill, NC 27514
Description: General Practice

Dinah B. Vice

Phone: 919-929-3996
Address: 1801 E Franklin Street
Chapel Hill, NC 27514
Description: General Practice

Dr. Kendell

Phone: 919-479-0707
Address: 2823 N. Duke Street
Durham, NC 27704
Description: Oral Surgery

Dr. Roth

Phone: 919-286-6646
Description: Accepts Medicaid

Eric Davis

Phone: 919-644-1800
Address: 603 Hampton Pointe Blvd., Suite 1
Hillsborough, NC 27278
Description: General Practice; Accepts Medicaid

Farzana A. Rahman

Phone: 919-968-0015
Address: 1777 Fordham Blvd., Suite 108
Chapel Hill, NC 27517
Description: Orthodontics; Accepts Medicaid

Frederick Gerard Lehmann

Phone: 919-967-9999
Address: 100 Europa Drive #310, Suite 310
Chapel Hill, NC 27517
Description: General Practice

Frederick H. Vohwinkel

Phone: 919-933-9191
Address: 11500 US 15-501 N
Chapel Hill, NC 27517
Description: General Practice

Gloria L. Berry-Holly

Phone: 919-732-8584
Address: 305 Meadowland Drive
Hillsborough, NC 27278
Description: General Practice; Accepts Medicaid

Hal H. Smith, Jr.

Phone: 919-942-7163
Address: 104-C N Elliott Road
Chapel Hill, NC 27514
Description: General Practice

Jean Woods

Phone: 919-942-6313
Address: 1728 Fordham Blvd., Suite 125
Chapel Hill, NC 27514
Description: General Practice; Accepts Medicaid; Ages 3-20

Jeffrey R. Kennedy

Phone: 919-967-9291
Address: 123 W Franklin Street, Suite 201
Chapel Hill, NC 27516
Description: General Practice

Jerre L. Kennedy

Phone: 919-969-9330
Address: 400 Meadowmont Village Circle, Suite 427
Chapel Hill, NC 27517-7505
Description: General Practice

Jerry E. Patterson

Phone: 919-929-2196
Address: 501 Eastowne Drive, Suite 110
Chapel Hill, NC 27514
Description: Oral Surgery

Jessica L. Bishop

Phone: 919-489-2793
Address: 6015 Farrington Road, Suite 102
Chapel Hill, NC 27517
Description: General Practice

Joel M. Wagoner

Phone: 919-968-9697
Address: 121 S. Estes Drive, Suite 205A
Chapel Hill, NC 27514
Description: General Practice

John R. Frick

Phone: 919-929-7010
Address: 102 South Estes Drive
Chapel Hill, NC 27514
Description: Orthodontics

Joseph D. Gatewood

Phone: 919-732-9306
Address: 101 E Corbin Street, P0 BOX 457
Hillsborough, NC 27278
Description: General Practice; Accepts Medicaid

Kathryn L. Davies

Phone: 919--967-5099
Address: 900B Martin Luther King Jr Blvd
Chapel Hill, NC 27514
Description: Periodontics

Katrina Mattison

Phone: 919-644-1800
Address: 603 Hampton Pointe Blvd., Suite 1
Hillsborough, NC 27278
Description: General Practice; Accepts Medicaid

Keith A. Taylor

Phone: 919-942-5652
Address: 110 Banks Drive
Chapel Hill, NC 27514
Description: General Practice

Kenneth Black

Phone: 919-969-9330
Address: 400 Meadowmont Village Circle, Suite 427
Chapel Hill, NC 27517
Description: General Practice

Kenneth C. Kennedy

Phone: 919-969-9330
Address: 400 Meadowmont Village Circle, Suite 427
Chapel Hill, NC 27517
Description: General Practice

Larry Moray

Phone: 919-933-3310
Address: Happy Tooth Family Dentistry
121 S Estes Drive
Chapel Hill, NC 27514
Description: General Practice; Accepts Medicaid

Larry Moray

Phone: 919-928-0105
Address: 121 S. Estes Drive
Chapel Hill, NC 27514
Description: Orthodontics; Accepts Medicaid

Margaret Walker Ray

Phone: 919-732-8213
Address: 115 W. Tryon Street
Hillsborough, NC 27278
Description: General Practice

Michael Modlin

Phone: 919-563-2990
Address: 200 S 5th Street
Mebane, NC 27302
Description: General Practice

Mike Blakenship

Phone: 919-563-4300
Address: 106 Millstead Drive
Mebane, NC 27302
Description: General Practice; Accepts Medicaid for
Established Patients Only

Nona I. Breeland

Phone: 919-967-1776
Address: 1506 E. Franklin Street, Suite 204
Chapel Hill, NC 27514
Description: Endodontics

Orange County Health Department - Hillsborough

Dental Clinic

Phone: 919-245-2435
Address: 300 W. Tryon Street
Hillsborough, NC 27278
Website: www.co.orange.nc.us/health
Description: The Dental Health Services Division of the
Orange County Health Department provides
access to high quality dental services to the
citizens of Orange County.

Richard W. Wagner

Phone: 919-967-9291
Address: 123 West Franklin Street, Suite 201
Chapel Hill, NC 27516
Description: General Practice

Robert Miller IV

Phone: 919-304-1666
Address: 1242 D South 5th Street
Mebane, NC 27302:
Description: General Practice

Sam Chang

Phone: 919-732-8179
Address: 119 N. Churton Street
Hillsborough, NC 27278
Description: General Practice

Stephen M. Randall

Phone: 919-929-5160
Address: 610 Jones Ferry Road
Carrboro, NC 27510
Description: General Practice

Stephen Michael Pieroni

Phone: 919-968-6211
Address: 1525 E. Franklin Street, Suite 2
Chapel Hill, NC 27514
Description: General Practice

Steven M. Hart

Phone: 919-942-3859
Address: 1201 Raleigh Road, Suite #200
Chapel Hill, NC 27517
Description: General Practice

Stewart Paul Wignall

Phone: 919-942-8880
Address: 1502 E. Franklin Street, Suite C
Chapel Hill, NC 27514
Description: General Practice

Susanne Parkhurst Jackson

Phone: 919-968-9874
Address: 121 S.Estes Drive, Suite 205A
Chapel Hill, NC 27514
Description: General Practice

Tamara Campbell Samuelson

Phone: 919-960-0155
Address: Ellis Family Dentistry
Chapel Hill, NC 27514
Description: General Practice

Tammy Renee Severt

Phone: 919-929-2365
Address: 101 Conner Drive, Suite 401
Chapel Hill, NC 27514
Description: Orthodontics

Terrence J. Lee

Phone: 919-967-1250
Address: 109 Conner Drive, Bldg. I Suite 2103
Chapel Hill, NC 27514
Description: General Practice

Theresa B. Robinson

Phone: 919-942-5559
Address: 5915 Farrington Road, Suite 101
Chapel Hill, NC 27517
Description: General Practice

Theresa Clifton

Phone: 919-933-1007
Address: 223 Timberhill Place
Chapel Hill, NC 27514
Description: Orthodontics

Timothy W. Godsey

Phone: 919-968-1778
Address: 150 Providence Road, Suite 200
Chapel Hill, NC 27514
Description: Periodontics

UNC Hospitals-UNC Hospital Dental Clinic

Phone: 919-966-1485 / 919-966-1487
Chapel Hill, NC 27599
Description: Accepts Medicaid

UNC School of Dentistry-Dental Faculty Practice

Phone: 919-966-3440
Address: CB#7450
Chapel Hill, NC 27599
Description: Dental School; Accepts Medicaid

UNC School of Dentistry-Emergency Clinic

Phone: 919-966-2806
Address: CB#7450
Chapel Hill, NC 27599
Description: Dental School; Accepts Medicaid

UNC School of Dentistry-Endodontic Clinic

Phone: 919-966-2710
Address: CB#7450
Chapel Hill, NC 27599
Description: Dental School; Accepts Medicaid

UNC School of Dentistry-Oral Surgery Clinic

Phone: 919-966-2783
Address: CB#7450
Chapel Hill, NC 27599
Description: Dental School; Accepts Medicaid

UNC School of Dentistry-Orthodontic Clinic

Phone: 919-966-4428
Address: CB#7450
Chapel Hill, NC 27599
Description: Dental School; Accepts Medicaid

UNC School of Dentistry-Patient Admissions

Phone: 919-966-2805
Address: CB#7450
Chapel Hill, NC 27599
Description: Dental School; Accepts Medicaid

UNC School of Dentistry-Pediatric Dentistry Clinic

Phone: 919-966-2743
Address: Call for children age 0-4
Chapel Hill, NC 27599
Description: Dental School; Accepts Medicaid; Ages 0-4

UNC School of Dentistry-Pediatric Dentistry Clinic

Phone: 919-966-6474
Address: Call for children age 4-7
Chapel Hill, NC 27599
Description: Dental School; Accepts Medicaid; Ages 4-7

UNC School of Dentistry-Student Dental Clinic

Phone: 919-966-3440
Address: CB#7450
Chapel Hill, NC 27599
Description: Dental School; Accepts Medicaid

UNC School of Dentistry-Urgent Care Clinic

Phone: 919-966-6474
Address: CB#7450
Chapel Hill, NC 27599
Description: Dental School; Accepts Medicaid

UNC SHAC Dental Clinic

Phone: 919-644-3350
Address: 200 N. Greensboro Street, Carr Mill Mall
Carrboro, NC 27510
Website: www.med.unc.edu/shac
Description: The Dental Clinic is provided on Tuesdays and Wednesdays from 6pm-9pm. Screenings and operative treatments are provided both days, while cleanings are conducted on Tuesdays and extractions are conducted on Wednesdays.

Waka Kadoma

Phone: 919-928-9392
Address: 1525 E. Franklin Street, Suite 2A
Chapel Hill, NC 27514
Description: Periodontics

William Bechtold

Phone: 919-929-2196
Address: 401 Providence Road
Chapel Hill, NC
Description: Oral Surgery

William C. McMillan

Phone: 919-929-7079
Address: 861 Willow Drive
Chapel Hill, NC 27514
Description: General Practice

William D. Sulik

Phone: 919-968-0220
Address: 920 Martin Luther King, Jr. Blvd..
Chapel Hill, NC 27514
Description: Prosthodontics

William W. Lewis

Phone: 919-968-4701
Address: 101 Conner Drive, Suite 403
Chapel Hill, NC 27514
Description: General Practice

Diabetes

Central Carolina Health Network

Phone: 919-966-4123
Address: PO Box 3568
Chapel Hill, NC 27515
Website: www.ncaccesscare.org
Description: Diabetes treatment and management services. Works directly with patient to enforce self-management and compliance of provider's plan. Case management for Carolina Access Medicaid patients with diabetes - all ages.

Chapel Hill Eyecare

Phone: 919-968-4774
Address: 235 S. Elliott Road
Chapel Hill, NC 27514
Website: www.chapelhilleyecare.com
Description: Diabetes: Comprehensive dilated eye exams and follow-up, patient education, diabetic monitoring and assessment. Also provides non-diabetic eye care.

Chapel Hill Foot and Ankle

Phone: 919-960-8858
Address: 1506 E. Franklin Street, Suite 104
Chapel Hill, NC 27514
Website: www.chapelhillfootandankle.com
Description: Provides foot exams, patient education, palliative care, pain management, and ulcers. Accepts insured and self-pay clients.

Chapel Hill/Carrboro City Schools - Diabetes Management

Phone: 919-967-8211 x245
Address: Lincoln Center, 750 S. Merritt Mill Rd
Chapel Hill, NC 27516
Website: www.chccs.k12.nc.us
Description: Diabetes treatment and management services include student fitness testing and BMI, student/employee referral to community programs, school nurses monitor students with diabetes, education and community partnering.

Orange County Health Department - Health Promotion and Education Services

Phone: 919-245-2400 / 919-968-2022
Address: 300 W. Tryon Road
Hillsborough, NC 27278
Website: www.co.orange.nc.us/health
Description: Provides community health education and outreach services in Orange County.

NC Oral Health Section

Phone: 919-968-2033
Address: 200 N. Greensboro Street, Suite D15
Carrboro, NC 27510
Website: www.communityhealth.dhhs.state.nc.us
Description: May identify children during dental screenings that have diabetic symptoms; participates in health fairs and provides school-based oral health and diabetes education.

The Wellness Center at Meadowmont

Phone: 919-966-5500
Address: 100 Sprunt Street
Chapel Hill, NC 27517
Website: www.uncwellness.com
Description: A medical fitness facility managed by UNC Health Care. Membership required. Provides nutrition education for diabetic patients.

UNC Cardiac Rehabilitation

Phone: 919-843-2154 / 919-843-2158
Address: UNC Wellness Center - 100 Sprunt Street
Chapel Hill, NC 27517
Website: www.uncwellness.com
Description: Provides cardiac rehabilitation and Bridge to Wellness programs. Diabetic patients are assessed, educated, and give medically supervised exercise and nutrition regimens. Smoking cessation and psychosocial support is also provided.

UNC Family Medicine Center

Phone: 919-966-2010
Address: 110 Manning Drive, Aycock Building
Chapel Hill, NC 27599
Website: www.uncwellness.com
Description: Full service primary care clinic. Diabetes treatment and education programs available.

UNC Podiatry

Phone: 919-484-1437
Address: 5316 Highgate Drive, Suite 125
Durham, NC 27713
Website: www.unchealthcare.org
Description: Diabetes treatment and management includes ADA recommended screenings and UNC wound management and prevention services.

UNC School of Pharmacy - Medical Management for Older Adults

Phone: 919-843-2278
Address: CB 7360 Kerr Hall
Chapel Hill, NC 27599
Website: www.geriatrics.unc.edu
Description: Works with physicians at UNC Division of Geriatrics to help optimize diabetes therapy. Provides free meters and community education in partnership with Orange County Department of Aging.

Emergency/First Responders

Carrboro Fire Department

Phone: 919-918-7347
Address: 301 W. Main Street
Carrboro, NC 27510
Website: www.carrborofire.org
Description: Call 9-1-1 in an emergency! Protects lives, property and community from the effects of fire, natural disasters, and other hazards by providing public education, incident prevention and emergency response services.

Carrboro Police Department

Phone: 919-918-7397
Address: 100 N. Greensboro Street
Carrboro, NC 27510
Website: www.townofcarrboro.org
Description: Call 9-1-1 in an emergency! The Police Department protects persons and property and provides law enforcement and community services necessary to maintain a safe living environment within the Town.

Cedar Grove Fire Department

Phone: 919-732-9585
Description: Call 9-1-1 in an emergency!

Chapel Hill Fire Department

Phone: 919-968-2781
Address: 403 Martin Luther King Jr Blvd
Chapel Hill, NC 27514
Website: www.townofchapelhill.org/fire
Description: Protects life, property and community environment from effects of fire, disasters or other life hazards by providing public education, incident prevention and emergency response services.

Efland Fire Department

Phone: 919-732-8941

Description: Call 9-1-1 in an emergency!

New Hope Fire Department

Phone: 919-493-1001

Address: 4012 Whitfield Road
Chapel Hill, NC 27514

Website: www.newhopefire.com

Description: Call 9-1-1 in an emergency! New Hope Fire Department is a paid/volunteer agency that provides Fire and Emergency Medical First Response.

Orange County Emergency Services

Phone: 919-968-2050

Address: PO Box 8181
Hillsborough, NC 27278

Website: www.co.orange.nc.us/ems

Description: Orange County Emergency Services works to ensure appropriate and efficient response to emergencies in Orange County.

Orange County Sheriff - Chapel Hill

Phone: 919-942-6300

Address: 144 East Margaret Lane
Hillsborough, NC 27278

Website: www.co.orange.nc.us/sheriff

Description: Call 9-1-1 in an Emergency! The Sherriff'sOffice is an organization of men and women dedicated to protecting and serving the people in our county

Orange County Sheriff - Hillsborough

Phone: 919-644-3050

Address: 144 East Margaret Lane
Hillsborough, NC 27278

Website: www.co.orange.nc.us/sheriff

Description: Call 9-1-1 in an Emergency! The Sherriff's Office is an organization dedicated to protecting and serving the people in our county.

Orange Rural Fire Department

Address: 206 S. Churton Street
Hillsborough, NC 27278

Website: www.orfd.org

Description: Call 9-1-1 in an emergency! Department provides fire, rescue, and first responder (emergency medical care) services to the Orange Rural Fire District as well as for the Town of Hillsborough.

South Orange Rescue Squad

Phone: 919-967-1515

Address: PO Box 128
Carrboro, NC 27510

Website: www.sorescue.org

Description: Call 9-1-1 in an emergency! Provides first responder services services.

Town of Hillsborough Police Department

Phone: 919-732-9381

Address: 127 N. Churton Street
Hillsborough, NC 27278

Website: www.ci.hillsborough.nc.us

Description: Call 9-1-1 In an emergency!

White Cross Fire Department

Phone: 919-942-1194

Description: Call 9-1-1- in an Emergency

Employment

Employment Security Commission of NC

Phone: 919-644-1051

Website: www.ncesc.com

Description: Provides employment search and unemployment benefit information.

Joint Orange Chatham Community Action (JOCCA)

Phone: 919-929-0492 / 919-732-8194

Website: www.nccaa.net

Description: Offices in Chapel Hill and Cedar Grove

Orange County Government Job Vacancy Hotline

Phone: 919-967-9251 / 919-245-2560
Address: Personnel Department
Hillsborough, NC 27278
Website: www.co.orange.nc.us/prsnl
Description: Position openings for Orange County Government.

Orange County Skills Development and Job Link Center

Phone: 919-969-3032
Address: 503 W. Franklin Street
Chapel Hill, NC 27516
Website: www.co.orange.nc.us/sdc
Description: Provides skill development and employment services.

Orange County Social Services - Work First Permit

Phone: 919-968-2000 / 919-245-2800
Address: 2501 Homestead Road
Chapel Hill, NC 27516
Website: www.co.orange.nc.us/socsvcs
Description: Work Permits are required for youths under 18 years of age who wish to be employed, unless there is an exemption from the youth employment requirements of the North Carolina Wage and Hour Act.

Town of Chapel Hill - Human Resources Job Line

Phone: 919-969-5000 x1500 / 919-968-2700
Address: 405 Martin Luther King Jr Blvd
Chapel Hill, NC 27514
Website: www.townofchapelhill.org
Description: Recent job postings available online and through job line.

USA Job Corps

Phone: 800-872-1055 / 800-733-5627
Address: US Dept of Labor - 200 Constitution Ave, NW
Washington, DC 20210
Website: www.jobcorps.dol.gov
Description: Job Corps is a national, no-cost education and vocational training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 get a better job, make more money, and take control of their lives.

Vocational Rehabilitation

Phone: 919-969-7350
Address: 548 Smith Level Road
Carrboro, NC 27510
Website: www.dvr.dhhs.state.nc.us
Description: To promote employment and independence for people with disabilities through customer partnership and community leadership.

Faith/Spiritual

St. Thomas More Church Caring and Sharing Ministry

Phone: 919-942-1040 x263
Address: 940 Carmichael Street
Chapel Hill, NC 27514
Website: www.church.st-thomasmore.org
Description: Run by spanish-speaking volunteers; Emergency Food, shelter, housing, and clothing

Interfaith Council for Social Services - Community Services and Food Pantry

Phone: 919-929-6380
Address: 110 W. Main Street
Carrboro, NC 27510
Website: www.ifcweb.org
Description: Provides financial assistance, groceries, and clothing vouchers to individuals and families in need.

Orange Congregations in Mission

Phone: 919-732-6194

Address: 300 Millstone Drive
Hillsborough, NC 27278

Website: www.ocimnc.org

Description: Orange Congregations In Mission is a private non-profit ministry composed of over 40 congregations in northern Orange County, North Carolina. OCIM strives to meet the emergency needs of those who find themselves in a crisis.

Health Clinic

Interfaith Council for Social Services - Robert Nixon

Free Clinic

Phone: 919-967-0643

Address: 100 W. Rosemary Street
Chapel Hill, NC 27516

Website: www.ifcweb.org

Description: Medical volunteers provide free health care, consultation, medicine and information to homeless.

Orange County Health Department - Chapel Hill

Clinic

Phone: 919-245-2400

Address: 2501 Homestead Road
Chapel Hill, NC 27516

Website: www.co.orange.nc.us/health

Description: Provides a wide array of low-cost clinical and educational services to improve quality of life for Orange County residents.

Orange County Health Department - Hillsborough

Clinic

Phone: 919-245-2400

Address: 300 W. Tryon Street
Hillsborough, NC 27278

Website: www.co.orange.nc.us/health

Description: Provides a wide array of low-cost clinical and educational services to improve quality of life for Orange County residents.

Piedmont Health Services - Carrboro Community

Health Center

Phone: 919-942-8741

Address: 301 Lloyd Street
Carrboro, NC 27510

Website: www.piedmonthealth.org

Description: Piedmont Health Services is a private non-profit organization serving the health care needs of the citizens of central North Carolina. Provides quality, comprehensive family health care services to all patients needing access to services.

Piedmont Health Services - Charles Drew Health

Clinic

Phone: 336-570-3739

Address: 221 Graham-Hopedale Road
Burlington, NC 27217

Website: www.piedmonthealth.org

Description: Piedmont Health Services serves health care needs of the citizens of central North Carolina. Provides quality, comprehensive family health care services to all patients needing access to services.

Piedmont Health Services - Moncure Community

Health Center

Phone: 919-542-4991
Address: 7228 Pittsboro-Moncure Road
Moncure, NC 27599
Website: www.piedmonthealth.org
Description: Piedmont Health Services is a private non-profit organization serving the health care needs of the citizens of central North Carolina. Provides quality, comprehensive family health care services to all patients needing access to services.

Piedmont Health Services - Prospect Hill Community

Health Center

Phone: 336-562-3311 / 800-898-9577
Address: 140 Main Street
Prospect Hill, NC 25710
Website: www.piedmonthealth.org
Description: Piedmont Health Services is a private non-profit organization serving the health care needs of the citizens of central North Carolina. Provides quality, comprehensive family health care services to all patients needing access to services.

Piedmont Health Services - Siler City Community

Health Center

Phone: 919-663-1744
Address: 224 S. 10th Avenue
Siler City, NC 27344
Website: www.piedmonthealth.org

Planned Parenthood of Orange County

Phone: 919-942-7762
Address: 1765 Dobbins Drive
Chapel Hill, NC 27514
Website: www.plannedparenthood.org
Description: Planned Parenthood Federation of America is a leading women's health care provider, educator, and advocate, serving women, men, teens, and families.

UNC Campus Health

Phone: 919-966-2281
Address: CB #7470
Chapel Hill, NC 27599
Website: www.campushealth.unc.edu
Description: For UNC Students Only. Campus Health offers low cost medical care to the UNC student community. Offers wellness and preventative care, care for injury, acute or chronic medical conditions, consultation, and medical testing.

UNC SHAC Free Clinic

Phone: 919-942-8741
Address: Carrboro Community Health Center
Carrboro, NC 27510
Website: www.med.unc.edu/shac
Description: Health care and screenings for adults and children. See website for full list of services.

Health Insurance

Blue Cross and Blue Shield of North Carolina

Phone: 800-446-8053
Address: 5901 Chapel Hill Road.,
Durham, NC 27707
Website: www.bcbsnc.com
Description: Health insurance provider.

NC Health Check Health Choice

Phone: 919-644-3086
Description: Insurance for children who are US citizens or legal residents

Health Referral Lines

NC CareLine

Phone: 1-800-662-7030 (English/Spanish)
1-877-452-2514 (TTY)

Description: The CARE-LINE is the North Carolina Department of Health and Human Services' (NCDHHS) toll-free Information and Referral telephone service. Information and Referral Specialists provide information and referrals regarding human services in government and non-profit agencies. Available Monday-Friday, except state holidays

NC CareLink

Website: www.nccarelink.gov

Description: Site provides information about programs and services across North Carolina for families, seniors, and children. It is a collaborative effort of the North Carolina Department of Health and Human Services and many other government and non-profit information and referral stakeholders across North Carolina.

OPC Area Program – STAR Line

Phone: 919-913-4100

Description: Referral line will provide contact information of local mental health providers.

Triangle United Way

Phone: 919-463-5011

Address: PO Box 110387
RTP, NC 27709

Website: www.unitedwaytriangle.org

Description: Triangle United Way serves Chatham, Durham, Orange and Wake counties by connecting callers to health and human service programs through United Way 2-1-1, a free, bilingual, 24-hour-a-day telephone information and referral service.

UNC HealthLink Nurse Advice Line

Phone: 919- 966-7890

Description: UNC HealthLink provides information about UNC services and clinics. HealthLink is available 24hours a day to answer questions. From 8:30am to 5pm, Monday through Friday, HealthLink can connect callers to a UNC clinic or practice for appointment scheduling.

Hearing Care

Hearing Loss Association of Chapel Hill - Hearing Loss Support Group

Phone: 919-622-8467

Address: 2551 Homestead Road
Chapel Hill, NC 27516

Description: Meets 3rd Monday of the Month. Hearing Loss Association of Chapel Hill formerly known as S-H-H-H, Self Help for the Hard of Hearing: 5:30 – 6:30 p.m. Ruth Miller, 622-8467.

Heart Disease/Stroke

American Heart Association

Phone: 919-463-8300

Address: 3131 RDU Center Drive Suite 100
Morrisville, NC 27560

Website: www.americanheart.org

Description: Provides information and education related to heart disease.

HIV/AIDS

AIDS Community Residence Association (ACRA)

Phone: 919-967-0009 / 919-956-7901

Address: PO Box 25265
Durham, NC 27702

Website: www.acra-org.com

Description: Provides housing and case management for persons living with AIDS.

Alliance of AIDS Services Carolina (AASC)

Phone: 919-956-7901

Address: 331 West Main Street, Suite 501
Durham, NC 27702

Website: www.acranc.org

Description: The Alliance mission is to serve people living with HIV/AIDS, their loved ones, caregivers and communities at large, through compassionate and non-judgmental care, prevention, education and advocacy.

AIDSinfo

1-800-HIV-0440 (1-800-448-0440)

TTY: 1-888-480-3739

Fax: 1-301-315-2818

Hours: Monday through Friday 12:00 pm to 5:00 pm (ET)

Description: Offers information on HIV treatment and research, customized clinical trial searches, and referrals to a host of other useful, government-approved resources. Health information specialists can confidentially answer questions in both English and Spanish.

Hospitals

Duke University Health System

Phone: 919-966-4131

Address: 2301 Erwin Road
Durham, NC 27710

Website: www.dukehealth.org

Description: As a full-service tertiary and quaternary care hospital, Duke University Hospital is licensed for 924 acute care beds and 19 psychiatry beds.

Durham Regional Hospital

Phone: 919-470-4000

Address: 3643 North Roxboro Road
Durham, N.C. 27704

Website: www.durhamregional.org

Description: Durham Regional provides inpatient, outpatient, intensive, surgical and emergency care.

UNC HealthLink Nurse Advice Line

Phone: 919- 966-7890

Description: UNC HealthLink provides information about UNC services and clinics. HealthLink is available 24hours a day to answer questions. From 8:30am to 5pm, Monday through Friday, HealthLink can connect callers to a UNC clinic or practice for appointment scheduling.

UNC Hospitals

Phone: 919-966-4131

Address: 101 Manning Drive
Chapel Hill, NC 27514

Website: www.unchealthcare.org

Description: UNC Hospitals includes North Carolina Children's Hospital, North Carolina Memorial Hospital, North Carolina Neurosciences Hospital, and North Carolina Women's Hospital.

UNC Hospitals - Emergency Room

Phone: 919-966-4721

Address: 101 Manning Drive
Chapel Hill, NC 27599

Website: www.unchealthcare.org

Description: UNC Hospitals includes North Carolina Children's Hospital, North Carolina Memorial Hospital, North Carolina Neurosciences Hospital, and North Carolina Women's Hospital.

Housing

EmPOWERment, Inc.

Phone: 919-967-8779

Address: 109 N. Graham Street Suite 200
Chapel Hill, NC 27516

Website: www.empowerment-inc.org

Description: The mission of EmPOWERment, Inc. is to emPOWER people and communities to control their own destinies through affordable housing, advocacy, community organizing and grassroots economic development.

Habitat for Humanity of Orange County

Phone: 919-932-7077
Address: 88 Vilcom Center Dr #L110
Chapel Hill, NC 27514
Website: www.orangehabitat.org
Description: Habitat for Humanity of Orange County brings people and resources together to build affordable homes with people who need them.

Interfaith Council for Social Service - Community House Men's Residential Facility

Phone: 919-967-0643
Address: 100 W. Rosemary Street.
Chapel Hill, NC 27516
Website: www.ifcweb.org
Description: Men's Residential Facility: 30 beds and 20 floor space, 365 days a year. Please call ahead if you need to stay.

Orange Community Housing and Land Trust

Phone: 919-967-1545
Address: 104-C Jones Ferry Road
Carrboro, NC 27510
Website: www.communityhometruster.org
Description: Orange Community Housing and Land Trust affordable homeownership opportunities for first-time homebuyers who earn less than 80% of the Area Median Income.

Orange County Housing and Community Development

Phone: 919-245-2490
Address: 2501 Homestead Road
Chapel Hill, NC 27516
Website: www.co.orange.nc.us/housing
Description: Orange County Housing and Community Development Department promotes affordable housing, economic opportunity and a suitable living environment free from discrimination.

Orange County Housing and Community Development - Hillsborough

Phone: 919-245-2490
Address: 300 W. Tryon Street
Hillsborough, NC 27278
Website: www.co.orange.nc.us/housing
Description: The primary mission of the Orange County Housing and Community Development Department is to promote adequate and affordable housing, economic opportunity and a suitable living environment free from discrimination.

Ronald McDonald House - Chapel Hill

Phone: 919-913-2040
Address: 101 Old Mason Farm Road
Chapel Hill, NC 27517
Website: www.chapelhillrmh.net
Description: The Ronald McDonald House of Chapel Hill is open to all families with a pediatric patient being treated for a serious illness or injury at an area hospital or a hospital-affiliated clinic.

SECU Family House at UNC Hospitals

Phone: 919-932-8000
Address: 123 Old Mason Farm Road
Chapel Hill, NC 27517
Website: www.familyhouseunch.org
Description: SECU Family House provides a home-away-from-home for families with an adult patient being treated for a critical illness or injury at UNC Hospitals or affiliated clinics.

Town of Chapel Hill - Housing Department

Phone: 919-968-2850
Address: 317 Caldwell Street Extension
Chapel Hill, NC 27516
Website: www.townofchapelhill.org
Description: The mission of the Department of Housing is to provide decent, safe and affordable rental housing for Chapel Hill's public housing families.

Weaver Community Housing Association

Phone: 919-969-7410
Address: 201 N. Greensboro Street
Carrboro, NC 27510
Website: www.wcha.coop/index.php
Description: WCHA provides affordable and sustainable housing for lower income families and individuals. Also empowers residents to make decisions and cooperatively control and maintain their homes and communities.

Latino-Focused Resources

Mexican Consulate

Phone: 919-754-0046
Address: 336 E. Six Forks Rd.
Raleigh, NC 27609
Website: <http://consulmex.sre.gob.mx/raleigh/>

El Pueblo

Phone: 919-835-1525
Address: 4N. Blount Street, Suite 200.
Raleigh, NC 27601
Website: www.elpueblo.org
Description: El Pueblo is a North Carolina non-profit statewide advocacy and public policy organization dedicated to strengthening the Latino Community

El Futuro

Phone: 919-338-1939
Address: 110 W. Main St., Suite 2H
Carrboro, NC 27510
Website: elfuturo-nc.org
Description: El Futuro is a non-profit resource for Latino Mental Health and Substance Abuse Treatment.

UNC Center for Latino Health (CELAH)

Phone: 919-966-5800
Description: CELAH provides primary and specialty care for Spanish-speaking patients

Legal / Advocacy / Human Rights

El Pueblo

Phone: 919-835-1525
Address: 4N. Blount Street, Suite 200.
Raleigh, NC 27601
Website: www.elpueblo.org
Description: El Pueblo is a North Carolina non-profit statewide advocacy and public policy organization dedicated to strengthening the Latino Community

Farmworker Unit - Legal Aid Services

Phone: 1-800-777-5869
Website: www.farmworkerlanc.org/
Description: The Farmworker Unit of Legal Aid of North Carolina was established to meet the special legal needs of migrant and seasonal farmworkers in North Carolina.

Legal Aid

Phone: 919-542-0475
Address: 959 East Street, Suite A&B
Pittsboro, NC 27312
Website: www.legalaidnc.org
Description: Legal Aid provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.

North State Legal Services

Phone: 919-732-8137
Address: 959 East Street, Suite A&B
Pittsboro, NC 27312
Website: www.legalaidnc.org
Description: Legal Aid of North Carolina - Pittsboro Office provides legal assistance in civil matters (non-criminal) to eligible, low-income clients who have problems with their basic needs and live in the 11-county area surrounding Pittsboro, NC.

Orange County Human Relations Commission

Phone: 919-245-2487
Address: 300 West Tryon Street
Hillsborough, NC 27278
Website: www.co.orange.nc.us/housing/HRC.asp
Description: The Office of Human Rights provides educational programs, technical assistance and research on issues involving civil rights, equal opportunities, and human relations to individuals, businesses and community agencies/groups.

Maternal and Child Health

Mothers of Multiples Chapel Hill/Durham

Phone: 919-933-7962
Website: www.momchd.whsites.net
Description: Support group and activities for parents with at least one set of twins, triplets or more. Many members have other children as well.

NC Family Health Resource Line

Phone: 919-828-1819
Website: www.nchealthystart.org
Description: The NC Family Health Resource Line is for anyone in North Carolina who has questions about having a healthy pregnancy or raising happy, healthy children and teens.

Orange County Department of Social Services - Adolescent Parenting Program

Phone: 919-245-2800
Address: 2501 Homestead Road
Chapel Hill, NC 27516
Website: www.co.orange.nc.us/socsvcs
Description: The Adolescent Parenting Program is a program for pregnant and parenting teens who are under 18 years of age.

Orange County Department of Social Services - Counseling for Problem Pregnancy

Phone: 919-245-2800
Address: 2501 Homestead Road
Chapel Hill, NC 27516
Website: www.co.orange.nc.us/socsvcs
Description: Counseling for Problem Pregnancies

Orange County WIC Program

Phone: 919-245-2422 / 919-245-2447
Address: 300 W. Tryon Street
Hillsborough, NC 27278
Website: www.co.orange.nc.us/health
Description: WIC is a Special Supplemental Nutrition Program for Women, Infants, and Children funded by the United States Department of Agriculture.

Pregnancy Support Services

Phone: 919-942-7318
Address: 104 South Estes Drive, Suite 301 A
Chapel Hill, NC 27514
Website: www.pregnancysupport.org
Description: Offices in Chapel Hill and Durham. Christian ministry helping families deal with unplanned pregnancy.

The Women's Birth and Wellness Center

Phone: 919-933-3301
Address: 930 Martin Luther King Jr. Blvd., Suite 202
Chapel Hill, NC 27514
Website: www.ncbirthcenter.com
Description: Provides family-centered maternity care by Certified Nurse-Midwives.

UNC Health Care - The Horizons Program

Phone: 919-966-9803

Website: www.med.unc.edu/obgyn/centers/unc-horizons-program

Description: Horizons is a treatment program for women struggling with substance abuse or addiction. Services are available to all mothers or women of child bearing age who need or want to stop or reduce their use of alcohol and/or drugs.

Men's Health

Pilgrim United Methodist Church of Christ - Men's Council

Phone: 919-942-3840

Address: 3011 Academy Road
Durham, NC 27707

Website: www.pilgrimucc-durham.org

Description: A nonsectarian group. Informal discussion on male psychological, social, and soulful issues.

Mental Health

Art Therapy Institute

Phone: 919-381-6068

Address: 200 N. Greensboro St.
Carr Mill Mall Suite D-6
Carrboro, NC

Website: www.ncati.org

Description: ATI improves access to mental health services for diverse populations and promotes education and awareness about art therapy.

Chapel Hill Outpatient Clinic (formerly Caring Family

Phone: 919-913-4200

Address: 121 S. Estes Drive, Suite 100
Chapel Hill, NC 27514

El Futuro

Phone: 919-338-1939

Address: 110 W. Main St., Suite 2H
Carrboro, NC 27510

Website: elfuturo-nc.org

Description: El Futuro is a non-profit resource for Latino Mental Health and Substance Abuse Treatment.

Family Counseling Center (formerly Caring Family Network; managed by Freedom House)

Phone: 919-732-1150

Address: 300 W. Tryon Street
Hillsborough, NC 27278

Freedom House

Phone: 919-942-2803

Address: 104 New Stateside Drive
Chapel Hill, NC 27516

National Alliance for the Mentally Ill (NAMI)- Orange County Chapter

Phone: 919-929-7822

Address: PO Box 4201
Chapel Hill, NC 27515

Website: www.nami.org

Description: NAMI is dedicated to improving the quality of life for persons of all ages who are affected by mental illnesses.

Mental Health Association of the Triangle

Phone: 919-942-8083

Website: www.mhaorangeco.org

Description: Works to promote mental health in community and to improve the lives of our residents living with mental illnesses.

OPC Area Program – STAR Line

Phone: 919-913-4100

Description: Referral line will provide contact information of local mental health providers.

Triumph Cares

Phone: 919- 245-1056

Address: 105 W. Corbin Street, Suite 103
Hillsborough, NC 27278

Description: Provides community based mental health services in Orange and Person Counties.

Nutrition

Orange County Cooperative Extension

Phone: 919-245-2050

Address: 306-E Revere Road
Hillsborough, NC 27278

Website: www.orange.ces.ncsu.edu

Description: Orange County Cooperative Extension is dedicated to our mission of helping the citizens of Orange County by putting research-based knowledge to work for economic prosperity, environmental stewardship and an improved quality of life.

Orange County Health Department –

Nutrition Program

Phone: 919-245-2400

Address: 300 W. Tryon Street
Hillsborough, NC 27278

Website: www.co.orange.nc.us/health

Description: Provides chronic disease screenings at senior centers, medical nutrition therapy for people with diabetes and those at risk, sliding scale nutrition services. Accepts insured and medicaid-eligible clients.

Orange County Health Department

Divisions / Services

Orange County Health Department – Chapel Hill

Phone: 919-245-2400

Address: 300 W. Tryon Street
Hillsborough, NC 27278

Website: www.co.orange.nc.us/health

Description: Local Health Department for Orange County, NC.

Orange County Health Department – Hillsborough

Phone: 919-245-2400

Address: 2501 Homestead Road
Chapel Hill, NC 27516

Website: www.co.orange.nc.us/health

Description: Local Health Department for Orange County, NC.

Orange County Health Department – Dental Health

Services Division

Phone: 919-245-2435

Address: 300 W. Tryon Street
Hillsborough, NC 27278

Website: www.co.orange.nc.us/health

Description: The Dental Health Services Division of the Orange County Health Department provides access to high quality dental services to the citizens of Orange County.

Orange County Health Department –

Environmental Health Services

Phone: 919-245-2361

Address: 131 W. Margaret Lane
Hillsborough, NC 27278

Website: www.co.orange.nc.us/health

Description: Handles design and permitting of wastewater, septic, and well systems. Handles inspections of public swimming pools, lodging, and restaurants.

**Orange County Health Department –
Health Promotion and Education Services**

Phone: 919-245-2400
Address: 300 W. Tryon Road
Hillsborough, NC 27278
Website: www.co.orange.nc.us/health
Description: Provides community health education and outreach services in Orange County.

**Orange County Health Department –
Personal Health Services Division**

Phone: 919-245-2400
Address: 300 W. Tryon Road
Hillsborough, NC 27278
Website: www.co.orange.nc.us/health
Description: Division contains clinical services, community health disease treatment and management services, and family home visiting services.

**Orange County Health Department –
Vital Records**

Phone: 919-245-2404
Address: 300 W. Tryon Street
Hillsborough, NC 27278
Website: www.co.orange.nc.us/health
Description: All birth and death certificates pass through Vital Records for completion, verification of information, signature of the Health Director before being sent to the Register of Deeds for certification.

**Orange County Health Department –
Volunteer Programs**

Phone: 919-245-2388
Address: 300 W. Tryon Street
Hillsborough, NC 27278
Website: www.co.orange.nc.us/health
Description: Community outreach and emergency preparedness volunteer programs.

Persons with Disabilities

The Arc of Orange County

Phone: (919) 942-5119
Address: 208 North Columbia Street, Suite #100
Chapel Hill, NC 27514
Website: www.arcoforange.org
Description: The Arc of Orange County works with and for people who have or are at risk for developmental disabilities to promote full participation in areas of life in our community.

Chapel Hill Training Outreach Program - KidScope

Phone: 919-644-6590 x4854
Address: 500 N. Nash Street,
Hillsborough, NC 27278
Website: www.chtop.org
Description: The KidSCOpe Early Intervention Program provides an array of services for young children with or at risk for developmental disabilities and their families in Orange and Chatham Counties, North Carolina.

Club NOVA

Phone: 919-968-6682
Address: 103 D West Main Street
Carrboro, NC 27510
Website: www.clubnova.org
Description: Club Nova promotes and provides opportunities for individuals with mental illness to lead meaningful and productive lives of their choice in the community.

Exceptional Children's Assistance

Phone: 800-962-6817 / 919-571-8092
Address: 3803 Computer Drive Building B, Suite 205
Raleigh, NC 27609
Website: www.ecac-parentcenter.org
Description: Offers a variety of projects and services designed to meet the needs of NC parents, families, students, educators, and other professionals working with children with disabilities.

Family Support Network of Central Carolina, CDSA

Phone: 800-852-0042 / (919) 560-3000
Address: 115 Market St., Suite 201
Durham, NC 27701
Website: www.familysupportcentralnc.org
Website: www.fsnn.org/
Description: Family Support Network of North Carolina promotes and provides support for families with children who have special needs

Disabilities Rights North Carolina

Phone: 800-821-6922
Website: www.disabilityrightsncc.org
Description: Disability Rights North Carolina is an independent, private not for profit organization. Designated by the Governor on July 1, 2007 to ensure the rights of all state citizens with disabilities through individual advocacy and system change, Disability Rights NC (formerly Carolina Legal Assistance) is part of a national system of federally mandated independent disability agencies.

Orange County Health Department - Child Service Coordination Program

Phone: 919-245-2429
Address: 300 W. Tryon Street
Hillsborough, NC 27278
Website: www.co.orange.nc.us/health
Description: Child Service Coordination is an interagency program available to any child birth to age 5 regardless of financial status who is medically or socially at risk for developmental delays or who has been identified with developmental concerns.

Residential Services Inc.

Phone: 919-942-7391
Address: 111 Providence Road
Chapel Hill, NC 27514
Website: www.rsi-nc.org
Description: RSI provides community-based residential services to people with developmental disabilities.

TEACCH - Treatment and Education of Autistic and Related Communication Handicapped Children

Phone: 919-966-2174
Website: www.teacch.com
Description: TEACCH is a service, training, and research program for individuals of all ages and skill levels with autism spectrum disorders.

Poison Control

Carolinas Poison Center

Phone: 800-848-6946
Address: P.O. Box 32861
Charlotte, NC 27232
Website: www.ncpoisoncenter.org
Description: Carolinas Poison Center is an emergency telephone number for poisoning information, staffed 24 hours a day, 7 days a week by registered nurses and pharmacists trained to give diagnostic and treatment advice for poisonings.

National Poison Hotline

Phone: 800-222-1222

Website: www.poison.org/actFast/1800.asp

Description: 1-800-222-1222 is the number for every poison center in the US. Call 24 hours a day, 7 days a week to talk to a poison expert. Call if you have a poison emergency or a question about a poison or about poison prevention.

Recreation and Parks

Boy Scouts of America Occoneechee Council, Inc

Phone: 919-872-4884

Address: 3231 Atlantic Avenue
Raleigh, NC 27604

Website: www.ocscouts.org

Description: Occoneechee Council, Boy Scouts of America aims to beneficially involve every eligible child and their family in the fun and adventure of our programs.

Carrboro Recreation and Parks Department

Phone: 919-918-7364

Address: Carrboro Century Center, 100 N. Greensboro Street.
Carrboro, NC 27510

Website: www.ci.carrboro.nc.us

Description: To serve the leisure needs of Carrboro residents through diverse recreation programs and a system of attractive and safe public parks.

Chapel Hill Parks and Recreation - Chapel Hill Community Center

Phone: 919-968-2784

Address: 120 South Estes Drive
Chapel Hill, NC 27514

Website: www.townhall.townofchapelhill.org

Description: Center has an indoor pool, gymnasium, climbing wall, meeting rooms, basketball, volleyball courts, playground, garden, compost demonstration site, walking trails and picnic tables.

Chapel Hill Parks and Recreation - Hargraves Community Center

Phone: 919-968-2794

Address: 216 N. Roberson Street
Chapel Hill, NC 27516

Website: www.townhall.townofchapelhill.org

Description: Hargraves Community Center has an auditorium, gymnasium, and meeting room, swimming pool, softball field, tennis courts, basketball courts, volleyball court, playground and picnic area. A variety of programs are held year round.

Chapel Hill Tennis Club

Phone: 919-929-5248

Address: 403 Westbrook Drive
Carrboro, NC 27510

Website: www.chapelhilltennisclub.com

Description: Tennis, swimming, and fitness facilities. Membership required.

Efland-Cheeks Community Center

Phone: 919-563-1130

Address: 117 Richmond Road
Efland, NC 27231

Website: www.co.orange.nc.us/RecParks

Description: Meeting space, catering kitchen, small stage, lighted outdoor basketball courts, picnic shelter, walking track, ball field, picnic tables, BBQ grills, playground, soccer field.

Girl Scouts - Coastal Pines Chapter

Phone: 919-782-3021

Address: Glenwood Avenue
Raleigh, NC 27612

Website: www.girlscouts.org

Description: Social and physical activities and skill building for girls.

Hillsborough Youth Athletic Association (HYAA)

Phone: 919- 732-4454
Address: 123 Daniel Boone St
Hillsborough, NC 27278
Website: <http://www.hyaabaseball.org/>
Description: HYAA is a nonprofit entity organized for the purpose of operating a youth baseball program in the Hillsborough area

Mebane Recreation and Parks Department

Phone: 919-563-3629
Address: 106 East Washington Street
Mebane, NC 27302
Website: www.cityofmebane.com
Description: Provides a variety of physical and social activities for Mebane residents.

New Hope Camp and Conference Center

Phone: 919-942-4716
Address: 4805 NC Hwy 86
Hillsborough, NC 27278
Website: www.newhopeccc.org
Description: New Hope Camp and Conference Center, Inc. provides a unique natural setting, a place apart for persons of all ages and faiths to grow in their relationship with God, themselves, and others in an environment of Christian hospitality.

Occoneechee Mountain State Natural Area

Phone: 919-383-1686
Address: Virginia Cates Rd (off Orange Grove Rd)
Hillsborough, NC 27278
Website: www.ils.unc.edu
Description: Features 190 acres of nature, two miles of trails and ponds for fishing. The mountain's elevation, which overlooks the Eno River, is the highest point in Orange County. Pets allowed on leashes.

Orange County Parks and Recreation Department

Phone: 919-245-2660
Address: 300 W. Tryon Sstreet
Hillsborough, NC 27278
Website: www.co.orange.nc.us/RecParks
Description: Athletic and recreational programs for Orange County residents.

Rainbow Soccer, Ltd.

Phone: 919-967-8797
Address: PO Box 3093
Chapel Hill, NC 27515
Website: www.rainbowsoccer.org
Description: Rainbow Soccer offers recreational and competitive league soccer to children and adults living in Chapel Hill, North Carolina and the surrounding areas.

Triangle Sportsplex

Phone: 919-644-0339
Address: One Dan Kidd Drive
Hillsborough, NC 27278
Website: www.trianglesportsplex.com
Description: Fitness and health resource for youth and adults.

YMCA - Chapel Hill/Carrboro

Phone: 919-442-9622
Address: 980 Martin Luther King Jr Blvd
Chapel Hill, NC 27514
Website: www.chcymca.org
Description: Health and fitness resources and programs for youth and family.

Schools/Education

Chapel Hill Carrboro City Schools

Phone: 919-967-8211
Address: 750 Merritt Road
Chapel Hill, NC 27516
Website: www2.chccs.k12.nc.us
Description: Public School System

**Chapel Hill Training Outreach Program - Head Start /
More at Four Program**

Phone: 919-490-5577 x248
Address: 800 Eastowne Dr. Suite 105
Chapel Hill, NC 27514
Website: www.chtop.org
Description: All Head Start families receive an array of individualized services based on each family's situation: their strengths, needs, goals, and aspirations. See website for full list of services.

Duke University

Phone: 919-984-8111
Address: Duke University
Durham, NC 27708
Website: www.duke.edu
Description: Privately funded university in Durham, NC.

**Durham Technical Community College - Orange
County Campus**

Phone: 919-686-3300
Address: 525 College Park Drive
Hillsborough, NC 27278
Website: www.durhamtech.edu
Description: Phone number is to main college offices not Orange County campus.

**Orange County Literacy Council - OC Learning
Center Hillsborough**

Phone: (919) 636-4457
Address: 200 N. Greensboro Street, Suite C-2,
Carrboro, NC 27510
Website: www.orangeliteracy.org
Description: The Orange County Literacy Council (OCLC) is a volunteer, community-based non-profit agency that has been serving adult learners since 1984. Provides free and confidential adult learning

Orange County School Systems

Phone: 919-732-8126
Address: 200 East King Street
Hillsborough, NC 27278
Website: www.orange.k12.nc.us
Description: Orange County Public School System.

University of North Carolina at Chapel Hill

Phone: 919-962-2211
Address: Chapel Hill, NC 27599
Website: www.unc.edu
Description: Publicly funded university for North Carolina.

Senior Health

A Helping Hand

Phone: 919-969-7111
Address: 1502 W. NC Hwy 54, Suite 405,
Durham NC 27707
Website: www.ahelpinghandnc.org
Description: Volunteers provide companion care and escorted transportation services for seniors in Orange, Durham, and Chatham Counties.

Arthritis Foundation - NC Triangle

Phone: 919-966-0547
Address: 3330 Thurston Bldg, CB 7280
Chapel Hill, NC 27599
Website: www.trianglearthritismwalk.kintera.org
Description: Arthritis advocacy and education services; Coordinates Arthritis Walk for the Triangle region.

Charles House Eldercare Center

Phone: 919-967-7570
Address: 109 Hillcrest Avenue
Carrboro, NC 27510
Website: www.charleshouse.org
Description: Provides daytime care for older adults with mild to moderate impairments as well as respite for their families.

Duke HomeCare and Hospice

Phone: 919-620-3859
Address: 4321 Medical Park Drive, Suite 101
Durham, NC 27704
Website: www.dhch.dukehealth.org
Description: Duke HomeCare & Hospice is a community focused home care agency that provides home care to those in need. Duke HomeCare & Hospice is governed by the Duke University Health System Board of Directors and is JCAHO accredited.

Northern Orange Human Services Center

Phone: 919-732-8194
Address: 5800 Highway 86 North
Cedar Grove, NC 27231
Website: www.co.orange.nc.us/RecParks
Description: Provides wellness and physical activity programs for Orange County seniors and youth.

Orange County Department on Aging (Robert and Pearl Seymour Center)

Phone: 919-245-2000
Address: 2551 Homestead Road
Chapel Hill, NC 27516
Website: www.co.orange.nc.us/aging
Description: Provides many health, social, and wellness services for available for individuals 55 years of age and older.

Orange County Department on Aging - Aphasia Support Group and Counseling

Phone: 919-966-9460
Address: 2551 Homestead Road
Chapel Hill, NC 27516
Website: www.co.orange.nc.us/aging
Description: Meets Mondays, 1-2:30pm Conversation groups and individual consultations for people with aphasia offered through UNC Division of Speech and Hearing Sciences Program.

Orange County Department on Aging - Central Orange Senior Center

Phone: 919-245-2015
Address: 103 Meadowlands
Hillsborough, NC 27278
Website: www.co.orange.nc.us/aging
Description: Provides wellness and physical activity programs for Orange County seniors.

Sex / Sexuality Concerns

Duke University Lesbian Health Resource Center

Phone: 919-956-9900
Address: 02 West Union Bldg. Box 90958,
Durham, NC 27708
Website: www.lgbt.studentaffairs.duke.edu
Description: The Center for LGBT provides education, advocacy, support, mentoring, and space for LGBT, questioning, and straight-allied students, staff, and faculty at Duke, as well as alumni and members of neighboring communities.

Gay/Lesbian Helpline of Wake County

Phone: 919-821-0055
Website: helpline@tcworks.org
Description: Provides resources to people in crisis; Triangle-wide information

American Social Health Association's Sexually Transmitted Infection Resource Center Hotline

Phone: 919-361-8488
Website: www.cdc.gov/std/Herpes/STDFact-Herpes.htm
Description: Sexually Transmitted Infection Hotline. Resource for information on STIs including Chlamydia, HPV, and Herpes

Triangle Intergroup (Sexual Addiction)

Phone: 1-800-921-1896

Description: Provides information about the SAA fellowships in the Triangle Area of North Carolina, comprised of Raleigh, Durham, Chapel Hill, and the surrounding communities, for sex addicts in all stages of recovery.

UNC Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Center

Phone: 919-962-4401

Address: UNC Campus
Chapel Hill, NC 27514

Website: <http://lgbtq.unc.edu/>

Description: The LGBTQ Center works to foster a safe inclusive environment for UNC-Chapel Hill community members of all sexual orientations, gender identities and gender expressions

Social Assistance Services

Child Care Services Association

Phone: 919-967-3272 / 919-732-1148

Address: 1829 East Franklin Street, Building 1000
Chapel Hill, NC 27514

Website: www.childcareservices.org

Description: Child Care Services Association (CCSA) is a United Way agency working for affordable and accessible child care.

Child Support Enforcement

Phone: 919-245-2175

Address: 131 W. Margaret Lane
Hillsborough, NC 27278

Website: www.co.orange.nc.us/cse

Description: Orange County Child Support Enforcement office.

Child Support Enforcement

Phone: 919-267-9251 x2175

Address: 2501 Homestead Road
Chapel Hill, NC 2514

Website: www.co.orange.nc.us/cse

Description: Orange County Child Support Enforcement Office.

Children's Home Society of NC

Phone: 800-632-1400

Address: PO Box 14608
Greensboro, NC 27415

Website: www.chsnc.org

Description: CHS services include pregnancy counseling, family and therapeutic foster care, domestic adoption for infants and older children, and adoption support services.

Club Nova Thrift Shop

Phone: 919-967-6985

Address: 103-C W. Main Street
Carrboro, NC 27510

Website: www.clubnovashop.org

Description: Thrift shop operating to increase awareness of mental illness, establish a connection and provide a service to the community, and provide fiscal support to Club Nova.

Child Care Services Association

Phone: 919-967-3272

Address: 1829 East Franklin Street, Bldg. 1000
Chapel Hill, NC 27514

Website: www.childcareservices.org/

Description: Child Care Services Association (CCSA) is a nationally recognized nonprofit working to ensure affordable, accessible, high quality child care for all families through research, services and advocacy.

Food Bank of Central and Eastern NC - Food Bank of Durham

Phone: 919-956-2513 x234
Address: 708 Gilbert St
Durham, NC 27701
Website: www.foodbankcenc.org
Description: Durham Outreach Coordinator - 919-956-2513 x2103

Interfaith Council for Social Services - Community Kitchen

Phone: 919-967-0643 x14
Address: 100 W. Rosemary Street
Chapel Hill, NC 27516
Website: www.ifcweb.org
Description: Food From the Community, For the Community: Anyone who is hungry or wants to learn about hunger can eat.

PTA Thrift Shop

Phone: 919-942-6565
Address: 115 W. Main Street
Carrboro, NC 27510
Website: www.ptathriftshop.com
Description: The PTA Thrift Shop, Inc. is a non-profit resale business operated for the benefit of the Parent Teacher Associations of the public schools located in Chapel Hill and Carrboro.

Interfaith Council for Social Services - Community Services and Food Pantry

Phone: 919-929-6380
Address: 110 W. Main Street
Carrboro, NC 27510
Website: www.ifcweb.org
Description: Provides financial assistance, groceries, and clothing vouchers to individuals and families in need.

Orange Congregations in Mission

Phone: 919-732-6194
Address: 300 Millstone Drive
Hillsborough, NC 27278
Website: www.ocimnc.org
Description: Orange Congregations In Mission is composed of over 40 congregations in northern Orange County, North Carolina. OCIM strives to meet the emergency needs of those who find themselves in a crisis situation.

Orange County Department Of Social Services - Food Stamp Program

Phone: 919-245-2800
Address: 2501 Homestead Road
Chapel Hill, NC 27516
Website: www.co.orange.nc.us/health
Description: The Food Stamp Program is a federal program that provides a monthly allotment of Food Stamp benefits issued via Electronic Benefit Transfer cards (EBT cards) that can be used like debit cards.

Orange County Health Department - Vital Records

Phone: 919-245-2409
Address: 300 W. Tryon Street
Hillsborough, NC 27278
Website: www.co.orange.nc.us/health
Description: All birth and death certificates pass through Vital Records for completion, verification of information, and signature of the Health Director before being sent to the Register of Deeds for certification.

Orange County Register of Deeds

Phone: 919-245-2700
Address: 228 South Churton Street, Suite 300
Hillsborough, NC 27278
Website: www.co.orange.nc.us/deeds
Description: The Register of Deeds serves as custodian and manager of a large number of public records.

Professional Mortuary Service

Phone: 919-286-2576 / 800-423-8336
Address: 612 Trent Dr.
Durham, NC 27705
Description: Provides assistance with shipping bodies out of the country. Spanish translator can be reached at 1-800-368-1662.

Social Security Administration

Phone: 800-772-1213
Address: 3308 Chapel Hill Blvd
Durham, NC 27707
Website: www.ssa.gov
Description: Social Security Information

Substance Abuse

Alcohol Abuse / Crisis Intervention - Focus Healthcare Tennessee (Serves persons living in other states)

Phone: 800-234-0246
Description: 24-hr. hotline - Alcohol Abuse and Crisis
Intervention

Alcohol Treatment Referral Service (Federal)

Phone: 800-662-4357
Description: 24 hr. Helpline - Substance Abuse and Mental
Health Services Administration's toll-free
telephone number for alcohol and drug
information/treatment referral assistance.

Alcoholics Anonymous - Orange County

Phone: 1-888-237-3235
Website: <http://www.aanc33.org/>
Description: Alcoholics Anonymous

Capital Area Narcotics Anonymous

Phone: 919-831-5100
Website: www.crna.org
Description: The Carolina Regional Service Office offers NA literature and other products for sale online. Number above is helpline for Chapel Hill, Durham, Henderson, Hillsborough, Louisburg, Oxford, and Roxboro.

El Futuro

Phone: 919-338-1939
Address: 110 W. Main St., Suite 2H
Carrboro, NC 27510
Website: elfuturo-nc.org
Description: El Futuro is a non-profit resource for Latino Mental Health and Substance Abuse Treatment.

Freedom House Recovery Center - Men's Transitional House

Phone: 919-942-2803 x15
Website: www.rtpnet.org/freedom/treatment_programs/
Description: The Men's Transitional House is our 10 bed, men's halfway house in Chapel Hill that provides up to six months of recovery services for alcohol/drug-addicted men and those who are dual diagnosed.

Freedom House Recovery Center - Women's Halfway House

Phone: 919-942-2803 x14
Website: www.rtpnet.org/freedom/treatment_programs/
Description: Freedom House is a non-profit organization that provides residential crisis services, including detoxification, outpatient substance abuse services, community support, transitional living, and extended care.

Freedom House Recovery Center-Main Office

Phone: 919-942-2803
Website: www.rtpnet.org/freedom/home/mission.html
Description: Freedom House Recovery Center has been committed to making a difference in the lives of people with addiction and mental illness.

Narcotics Anonymous

Phone: 919-755-5391
Description: Narcotics Anonymous - Triangle Area

OPC Mental Health - Alcohol Service

Phone: 919-929-0471
Address: 100 Europa Drive, Suite 490
Chapel Hill, NC 27517
Website: www.opcareaprogram.com
Description: OPC is the local governmental agency with responsibility for oversight and management of publicly-funded mental health, developmental disability, and substance abuse services in Orange, Person and Chatham counties.

Substance Abuse Resource Line (Pheonix House)

Phone: 800-378-4435

Support Groups

Autism Society of North Carolina

Phone: 919-933-0740
Address: 505 Oberlin Road Suite 230
Raleigh, NC 27605
Website: www.autismsociety-nc.org
Description: The Chapel Hill Chatham chapter is active. Visit website to learn more. Primary focus of the organization is advocacy for individuals and families and ongoing education of the public about the needs of the autism community.

Binkley Baptist - Parkinson's Disease Support Group

Phone: 919-960-5173
Address: 1712 Willow Drive
Chapel Hill, NC 27514
Website: www.binkleychurch.org
Description: Meets 3rd Wednesday of the Month at 1:30 p.m. Contact is Ed O'Hara.

Binkley Baptist - Prostate Cancer Support Group

Phone: 919-843-5307
Address: 1712 Willow Drive
Chapel Hill, NC 27514
Website: www.binkleychurch.org
Description: Meets 1st Wednesday of the Month from 4–5 p.m. Contact person is LuAnn Smith.

Chapel Hill Arthritis Education Network - Arthritis Support Group

Phone: 919-544-2021 / 919-408-0307
Address: 2551 Homestead Road
Chapel Hill, NC 27516
Description: Meets 2nd Tues. of the Month from 7-8:30 p.m. Family members, friends, all with arthritis are welcome to participate in this monthly support group. Call Angie Hutto, 408-0307, or Cindy Johnson, 544-2021.

Chapel Hill Carrboro Mother's Club

Website: www.chapelhillmothersclub.org
Description: The Mothers Club helps local moms and dads form friendships and create support networks.

Co-Dependents Anonymous

Phone: 919-990-1062
Description: 12-step program for recovery for men and women who want to develop healthy relationships

Depression / Bipolar Support Group

Phone: 919-942-8083

Address: 1712 Willow Drive
Chapel Hill, NC 27514

Description: Receive and give mutual support. For people who have a depressive or bipolar illness. Call church for times and locations.

Duke Community Bereavement Services - Unicorn

Phone: 919-644-6869

Address: 1001 Corporate Drive
Hillsborough, NC 27278

Website: www.dhch.dukehealth.org

Description: Duke Community Bereavement Services facilitates a safe and healing grief process for persons of all ages in the Triangle adjusting to a loss due to death.

Grief and Loss Support and Recovery Group

Phone: 919-929-7191

Address: 150 E. Franklin Street
Chapel Hill, NC 27514

Website: www.chapelhilluomc.org

Description: The Grief and Loss Support Group is available to anyone that may be having difficulty dealing with the death of a loved one.

Low Vision Support Group

Phone: 919-942-2571

Address: 2551 Homestead Road
Chapel Hill, NC 27516

Website: www.co.orange.nc.us/aging

Description: Call (919) 968-2070 for meeting dates and times.

Orange County Department on Aging - Dementia

Caregiver's Support Group - Hillsborough

Phone: 919-968-2085

Address: 515 Meadowlands Drive
Hillsborough, NC 27278

Website: www.co.orange.nc.us/aging

Description: Meets 1st Tuesday of month, 4-5:30pm. Caregivers share, learn new skills, and answer questions about Alzheimer's and other forms of dementia. Care for persons with dementia available while caregivers attend group.

Orange County Department on Aging - Dementia

Caregivers Support Group - Chapel Hill

Phone: 919-968-2085

Address: 2551 Homestead Road
Chapel Hill, NC 27516

Website: www.co.orange.nc.us/aging

Description: Meets 3rd Thursday of month from 2:30-4pm. Caregivers share, learn new skills, and answer questions about Alzheimer's and other forms of dementia. Care for persons with dementia available while caregivers attend group.

Orange County Department on Aging - Osteoporosis Support Group

Phone: 919-968-2073

Address: 2551 Homestead Road
Chapel Hill, NC 27516

Description: Interested participants call, Wellness Coordinator, 968-2073.

Orange County Department on Aging - Parkinson's Support Group

Phone: 919-245-2015
Address: 103 Meadowlands Drive
Hillsborough, NC 27278
Website: www.co.orange.nc.us/aging
Description: Meets 4th Wednesday per month, 11:30am – 1:30pm. Open to both the person with Parkinsons and/or the caregiver. Lunch served prior to meeting and registration is required for lunch only. Registration is not required if you plan to attend the meeting only.

Parents Without Partners

Website: www.capitalareapwp.org
Description: Support for single parents; Website is for Capital Area Parents Without Partners site.

Triangle Overeater's Anonymous

Phone: 919-406-9300
Address: PO Box 20356
Raleigh, NC 27619
Website: www.triangleoa.org
Description: Support for people with eating disorders. The Triangle Intergroup of Overeaters Anonymous is dedicated to the purpose of helping Compulsive Overeaters find recovery through the 12 Steps and 12 Traditions of Overeaters Anonymous.

UNC HealthCare - Stroke Support Group

Phone: 919-966-9493
Website: www.unchealthcare.org
Description: For more information, call Stephanie McAdams at UNC HealthCare, 966-9493.

Adolescent Pregnancy Prevention Coalition of NC

Phone: 919-226-1880 / 800-684-3228
Address: 3708 Mayfair Street
Suite 310
Durham, NC 27707
Website: www.appcnc.org
Description: Aimed at preventing pregnancy among teens and adolescents.

Teen/Adolescent Health

Orange County Cooperative Extension - 4-H Program

Phone: 919-245-2050
Address: 306-E Revere Rd
Hillsborough, NC 27278
Website: www.orange.ces.ncsu.edu
Description: Through 4-H, more than 187,000 young people in North Carolina learn new skills and serve their communities each year. 4-H offers clubs, special interest programs, summer camps, school enrichment and after-school child care.

Transportation

Chapel Hill Transit

Phone: 919-969-4900
Address: 6900 Millhouse Road
Chapel Hill, NC 27516
Website: www.ci.chapel-hill.nc.us
Description: Chapel Hill Transit provides public transportation services in the Chapel Hill, Carrboro, and UNC communities.

GoTriangle.org

Phone: 919-485-7433
Website: www.gotriangle.org
Description: Provides public transportation information for the Triangle area.

Orange Public Transportation (OPT)

Phone: 919-245-2006 / 919-245-2008

Website: www.co.orange.nc.us/transportation

Description: OPT provides public transportation services to the citizens of rural Orange County (excluding Chapel Hill/Carrboro city limits). Transit includes public bus routes, pick-up and drop-off for disabled and elderly, and transportation to senior centers.

Triangle Transit Authority

Phone: 919-549-9999

Website: www.ridetta.org

Description: Public transportation resource for Triangle area.

Women's Health

Compass Center for Women and Families

Phone: 919-968-4610

Address: 210 Henderson Street
Chapel Hill, NC 27514

Website: www.womenspace.org

Description: The Compass Center formed from the merger of The Women's Center and the Family Violence Prevention Center of Orange County. The Compass Center will continue the work of the two agencies by providing services to prevent and end domestic violence, facilitating financial stability through career and financial education, and guiding individuals through difficult legal questions with legal resources.

Piedmont Women's Health Center

Phone: 919-933-3301

Address: 930 Martin Luther King Jr Blvd
Chapel Hill, NC 27514

Description: Family planning services for women.

Appendix 1

Agencias comunitarias Lista de Información Referencia

CUESTIONES DE MALTRATO Y VIOLENCIA DOMÉSTICA

Child Abuse (Maltrato infantil): 1-800-422-4453

Consejeros para casos de crisis de la Comisaría de Chapel Hill

968-2806 (en caso de emergencia llamar al 911)

Durham Crisis Response Center (Centro de respuesta a crisis de Durham)

Oficina: 403-9425

Línea de asistencia las 24 horas del día: 403-6562

Family Violence Prevention Center of Orange County (Centro de prevención de la violencia familiar):

Oficina: 929-7122 Línea de asistencia las 24 horas del día: 1-866-929-7122

Orange County Rape Crisis Center (Centro de asistencia para casos de violación): Línea de asistencia las 24 horas del día: 967-7273 o 1-866-WE LISTEN (935-4783) Oficina de Chapel Hill: 968-4647 Oficina de Hillsborough: 643-0722

Orange County Sheriff (Jerife del condado Orange):

Llamadas de emergencia 911

Oficina de Chapel Hill: 942-6300

Oficina de Hillsborough: 644-3050

Servicios sociales del condado de Orange (DSS, siglas en inglés)

Oficina de Chapel Hill: 968-2000

Oficina de Hillsborough: 245-2800

PROBLEMAS RELACIONADOS CON EL ALCOHOL Y LAS DROGAS

ALANON/ALATEEN

919-929-0155

Alcohólicos Anónimos

Número de contacto en Chapel Hill: 933-3877

Número de contacto en Hillsborough: 732-2668

Alcohol Treatment Referral Service (Servicio de referencia para el tratamiento del alcoholismo)

Línea de asistencia las 24 horas del día: 303-6940 (o 1-800-662-4357)

Cocainadictos Anónimos

919-713-8923

Drug Helpline (Línea de asistencia para drogadictos)

1-800-378-4435

Freedom House (Recovery Center) (Casa Libertad (Centro de recuperación)):

Oficina: 942-2803

Servicios de desintoxicación: 967-8844

Women's Halfway House (Albergue para mujeres): 942-2802

Emergencias relacionadas con la salud mental: 913-4100 (o 1-800-233-6834)

Narcotics Abuse/Crisis Intervention (Abuso de narcóticos/intervención en caso de crisis):

Línea de asistencia las 24 horas del día: 1-800-234-0246

Narcóadictos Anónimos del área de la capital: 831-5100

Narcóadictos Anónimos: 755-5391

Centro de Tratamiento y Derivación: 1-800-333-2294

OPC Mental Health (servicios para el alcoholismo): 929-0471

Sala de urgencias del Hospital de UNC: 966-4721

SERVICIOS DE ORIENTACIÓN Y DERIVACIÓN

Adolescents in Need (Servicios a adolescentes del norte del condado Orange):

Número de Chapel Hill: 966-2504

Número de Hillsborough: 732-5240

AIDS Community Residence Association (Ayuda para personas con SIDA): 967-0009

Alliance of Aids Services Carolina (Ayuda para personas con SIDA): 932-3991

Club Nova (rehabilitación para personas que padecen de una enfermedad mental): 968-6682

Servicios al cliente para asesoría en cuestión de crédito: 933-4226

Orientación para embarazos problemáticos (por el departamento de servicios sociales):

Oficina de Chapel Hill: 968-2000

Oficina de Hillsborough: 245-2800

Children's Home Society of NC (Hogares para niños)

1-800-632-1400

Intervención de crisis (Hospital de UNC): 966-2166 o 966-4131 (después de las 4:30pm)

Dispute Settlement Center (Centro de conciliación de disputas): 929-8800

North State Legal Services (provee asistencia legal)
732-8137

OPC Mental Health (Centro de salud mental):
Oficina de Chapel Hill: 929-0479
Oficina de Hillsborough 245-2375 (o 732-1150)

Orange County Department on Aging (Asuntos relacionados con la vejez): 245-2000

Orange County Literacy Council (Alfabetización):
Chapel Hill: 933-2151
Hillsborough: 732-0868

Overeater's Anonymous (apoyo a personas con trastornos alimenticios): 406-9300

Parents Without Partners (apoyo a madres y padres solteros): 383-3707

Pregnancy Support Services (apoyo a mujeres embarazadas):

Chapel Hill: 942-7318
Durham: 490-0203

Volunteers For Youth Program (Voluntarios para ayudar a jóvenes): 967-4511

Women's Center (Centro de la mujer): 968-4610

EMPLEO/VIVIENDA

AIDS Community Residence Association (Residencias para personas con SIDA): 967-0009 o 956-7901

Chapel Hill Housing Authority (Oficinas sobre la vivienda):
968-2850

Employment Security Commission (Comisión sobre seguridad de empleo): 644-1051

Albergue del Concilio Inter-Fe y Casa comunitaria: 967-0643 Job Corps (Empleos): 872-1055 (o 1-800-733-5627)

JOCCA (Joint Orange-Chatham Community Action) (acción comunitaria):

Oficina de Chapel Hill: 929-0492
Cedar Grove: 732-8194

Orange County Housing and Community Development (viviendas):

Oficina de Chapel Hill 969-3016
Oficina de Hillsborough: 245-2490

Orange County Job Vacancy Hotline (Línea de información sobre empleos):

Chapel Hill: 967-9251 ext. 2560

Hillsborough: 245-2560

Town of Chapel Hill Job Line (Línea de información sobre empleos): 968-2700

UNC Hospital Job Vacancy line (Línea de información sobre empleos): 966-1263

Vocational Rehabilitation (formación vocacional): 969-7350

Work Permits (permisos de trabajo para los jóvenes por el DSS):

Oficina de Chapel Hill: 968-2000
Oficina de Hillsborough: 245-2800

SERVICIOS DE SALUD

Alliance of AIDS Services Carolina (Alianza para el SIDA):
932-3991

Carolinas Poison Center (ayuda con envenenamiento): 1-800-848-6946

Lesbian Hth Resource Cntr (recursos de salud para lesbianas): 956-9900

Mental Health Emergencies (urgencias de salud mental):
913-4100 (o 1-800-233-6834)

National Poison Hotline (línea directa sobre el envenenamiento): 1-800-222-1222

Orange County Health Department (Departamento de salud del condado Orange)

Chapel Hill Office: 968-2022
Hillsborough Office: 245-2400

Piedmont Health Services (Servicios de Salud Piedmont)

Clínica de Carrboro: 942-8741
Clínicas de Haywood/Moncure: 542-4991

Salud de la mujer: 933-3301

Clínicas de Prospect Hill: 1-800-898-9577

Planned Parenthood (planificación familiar): 942-7762

Clínica gratis SHAC (clínica de Carrboro): 942-8741 (solo los miércoles a las 6pm)

Hospital de UNC: Número principal: 966-4131
Urgencias: 966-472

CUESTIONES DE SEXUALIDAD

CDC National STD/AIDS Hotline (información sobre ETS y SIDA): 1-800-342-AIDS (2437)

Línea de información en español sobre ETS y SIDA: 1-800-344 SIDA (7432)

Center for Healthy Student Behaviors (centro para comportamientos sanos de los estudiantes): 966-3462

El Centro Hispano (VIH y ETS): 687-4635

Gay & Lesbian Association (UNC) (Asociación des homosexuales y lesbianas): 962-4401

Gay/Lesbian Helpline of Wake County (línea de info. para homosexuales y lesbianas) (info. para toda la región del Triángulo): 821-0055

National Herpes Hotline (línea de información sobre el herpes): 361-8488

National STD Hotline (línea de información sobre las enfermedades transmitidas sexualmente): 1-800-227-8922

Teen AIDS Hotline (Línea para adolescentes acerca del SIDA)
1-800-440-TEEN (8336) – Viernes y sábado: 6am-12am

Triangle Sex Addicts Anonymous (para adictos al sexo):
990-2331

SERVICIOS DE ASISTENCIA SOCIAL

Adolescent Parenting Program (por DSS) (para padres adolescentes):

Chapel Hill: 968-2000
Hillsborough: 245-2800

Asociación para personas con retraso mental (ARC): 942-5119

Child Care Networks (Red de cuidado infantil): 542-6644

Child Care Services Association (Servicios de cuidado infantil):

Chapel Hill: 967-3272
Hillsborough: 732-1148

Child Support Collection (por DSS) (pensiones alimenticias para niños): 245-2175

Day Care Services Association (Servicios de cuidado infantil): 967-7773

Employment Security Commission (seguridad de empleo):
644-1051

Interfaith Council for Social Services (Concilio Interfe/servicios sociales): 929-6380

Interfaith Council Shelter/Kitchen (albergue y cocina del Concilio Interfe): 967-0643

Orange Congregations In Mission (OCIM) (congregaciones en misión): 732-6194

Orange County Learning Center (enseñanza gratis y confidencial para adultos): Chapel Hill: 933-2151
Hillsborough: 732-0868

Run Away Hotline (para jóvenes prófugos): 1-800-231-6946

Volunteers For Youth (voluntarios para los jóvenes): 967-4511

Servicios sociales (DSS):
Chapel Hill: 968-2000
Hillsborough: 245-2800

NOTA IMPORTANTE:

No podemos garantizar que siempre habrá una persona que hable español para atenderle en ninguna de las agencias listadas en este folleto