

Hi, everyone! APNC hopes you are staying safe and healthy during this time of uncertainty. As things are changing rapidly, know it's normal to feel fear, frustration and stress. We ask that you not only look out for loved ones and neighbors, but for yourself as well. We can get through this as a community.

With things shutting down and hours being cut, we hope this guide helps ease some tension during this transition. Please know this is a living, breathing document. As we discover new resources, they will be added, so check back often. If you work in service, first, we thank you! In addition, we hope you will send information to [info@apnc.org](mailto:info@apnc.org) about what you are doing so that it may be added here.

Thank you to everyone who is providing virtual and vital resources that are helping to keep our community running! A special shout out to all our healthcare professionals and everyone who is making these services work.

Support one another. Love one another. If you are able, please stay home. If you are not, please know the APNC team is here to help however we can.

- The APNC Team

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#### General Guidance & Information from NCDHHS:

**Guidance:** The website includes guidance and resources for a range of stakeholders. Information is changing rapidly and will be added and updated.

- [Businesses and Employers](#)
- [Child Care Centers](#)
- [Colleges and Universities](#)
- [Community and Faith-Based Organizations](#)
- [Community Events and Mass Gatherings](#)
- [Correctional Facilities](#)
- [First Responders](#)
- [Health Care Providers, Hospitals, and Laboratories](#)
- [Homeless Shelters](#)
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- [Local Health Departments](#)
- [Long-term Facilities](#)
- [Malls and Shopping Centers](#)
- [Mass Transit](#)
- [Migrant Farm Workers and their Employers](#)

- [Public Facing Businesses and Agencies](#)
- [Restaurants and Bars](#)
- [Syringe Service Programs](#)
- [Working with People with Disabilities](#)

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## **HOTLINES**

**ADCNC** - 24/7 Call 800.688.4232 M-F 12:00-6:00 TEXT: 919.908.3196

**Childhelp** (1.800.4ACHILD)

**National Domestic Violence Hotline** (1.800.799.SAFE)

**National Sexual Assault Hotline** (1.800.656.HOPE)

**National Suicide Prevention Lifeline** (1.800.273.TALK (8255))

**National Teen Dating Abuse Helpline** - Call 1.866.331.9474; TTY 1.866.331.8453

Text: loveis to 22522 / [www.loveisrespect.org](http://www.loveisrespect.org)

**National Trans Lifeline** (877.565.8860)

**Nationwide referrals** for specialized counseling and support groups (1.800.656.4673)

**Never Use Alone** (800.484.3731) or (931.304.9452)

**North Carolina 2-1-1** - For 24/7 information and referrals (2.1.1) or (1.888.892.1162)

**SAMHSA Disaster Distress Helpline** (800.985.5990)

**SAMHSA National Helpline** (1.800.662.HELP (4357))

Text **MHFA** or **NAMI** to **741-741** to talk to a Crisis Text Line Counselor

**Madison County Hotline**: 828-649-0755

*Please remember to always call 911 in case of extreme emergencies.*

## **RECOVERY**

### Statewide/Online

- AA:
  - [aa-intergroup.org/directory.php](http://aa-intergroup.org/directory.php)
  - [aaonlinemeeting.net](http://aaonlinemeeting.net)
  - [onlinegroupaa.org](http://onlinegroupaa.org)
  - <https://al-anon.org/al-anon-meetings/electronic-meetings/> (Family Groups)
- [Celebrate Recovery](#) (Face-to-Face)
- [Choice In Recovery](#) (Multiple Pathways, links to resources and Meetings)
- [Cocaine Anonymous](#)
- [Co-Dependents Anonymous](#)
- [CRC Meetings](#) - Mondays @ 7:00 pm, Wednesdays @ 1:30 pm, Fridays @ 3:00 pm
- [CRC Virtual Meeting Space Suggestions](#)
- [Face It Together](#) (Online)
- [Families Anonymous](#)
- [Google Recovery Together Guide](#)
- [Headspace](#)
- [LifeRing Secular Recovery](#)
- NA:

- [virtual-na.org](http://virtual-na.org)
- [na.org/meetingsearch](http://na.org/meetingsearch)
- [Neverusealone.com](http://Neverusealone.com)
- [Parents of Addicted Loved Ones](#)
- [Promise Resource Network](#) - Confidential 24/7 Non-Crisis Peer Support (833.390.7728)
- [Recovery Dharma Online](#)
- [RecoveryLink](#)
- [Recovery Meetings](#) - 7 days a week @ 9:00 am, 12:00 pm, 3:00 pm & 9:00 pm
- [Refuge Recovery](#)
- [SMART Recovery Meetings](#) (Face-to-Face & Online)
- [Spanish Meetings](#) - Daily @ 12:00 pm & 6:00 pm
- [Unity Recovery All Recovery Meeting](#) (Online) 9:00 am, 12:00 pm, 3:00 pm & 9:00 pm  
DAILY
- [12-Step Meeting Finder](#) (Face-to-Face & Online)
- Other:
  - [addictioncampuses.com/alcohol/apps-for-recovery](http://addictioncampuses.com/alcohol/apps-for-recovery)
  - [sobergrid.com/howitworks](http://sobergrid.com/howitworks)
  - [unityrecovery.zoom.us/my/allrecovery](http://unityrecovery.zoom.us/my/allrecovery)
  - [Seek Healing](#)

## Triangle

- [AA Meetings](#)

# MENTAL HEALTH / SUD

## Tips

- [American Association for the Treatment of Opioid Dependence, Inc.: AATOD Guidance to OTPs in Response to the Coronavirus \(COVID-19\)](#)
- [Annals of Internal Medicine: Collision of the COVID-19 and Addiction Epidemics](#)
- [CDC: Managing Stress](#)
- [Drug Enforcement Administration \(DEA\): COVID-19 Information Page](#)
- [Faces & Voices of Recovery \(FAVOR\): COVID-19 & the Recovery Community](#)
- [How Do I Know Someone is Experiencing Anxiety or Depression?](#)
- [How to Care for Yourself While Practicing Physical Distancing](#)
- [How to Help Someone with Anxiety or Depression During COVID-19](#)
- [How to Support a Loved One Going Through a Tough Time During COVID-19](#)
- [National Alliance on Mental Illness \(NAMI\): COVID-19 Resource and Information Guide](#)

- [National Institute on Drug Abuse \(NIDA\) - COVID-19: Potential Implications for Individuals with Substance Use Disorders](#)
- [National Institute on Drug Abuse \(NIDA\): NIDA Director Outlines Potential Risks to People Who Smoke and Use Drugs During COVID-19 Pandemic](#)
- [SAMHSA Info](#)
- [Self Help Check-Ins](#)
- [SAMHSA: Tips for Social Distancing, Quarantine and Isolation](#)
- [SAMHSA: Considerations for the Care and Treatment of Mental and Substance Use Disorders](#)
- [United Nations Office on Drug & Crime: Suggestions About Treatment, Care and Rehabilitation of People With Drug Use Disorder in the Context of the COVID-19 Pandemic](#)

## Apps/Websites

- [Connections App](#) (free smartphone app that is scientifically proven to support patients in recovery by reducing return to use & promoting pro-social engagement)
- [Free mindfulness training community sessions](#) - one hour every night at 7:00 pm
- [Headspace App](#) (free for all US healthcare professionals through 2020)
- [Ten Percent Happier App](#) (free for all US healthcare professionals)
- [Ten Percent Happier LIVE Meditation + COVID-19 Q&A](#) (every weekday at 3:00 pm on YouTube)

## Buncombe, Henderson, Madison, Mitchell, & Yancey Counties

- NAMI Western Carolina (virtual Family Support Group meetings)
  - 1st Saturday of each month, at 10:00 am, or 3rd Tuesday of each month, at 6:00 pm.
  - Please contact Terri Harris at [terri@scoharris.com](mailto:terri@scoharris.com) to be sent the Zoom link.

## Durham County

- [Durham Crisis Response Center](#)
  - Call 919.403.6562 (ENGLISH) OR 919.519.3735 (SPANISH);  
[crisisline@durhamcrisisresponse.org](mailto:crisisline@durhamcrisisresponse.org)
  - 206 N. Dillard St., Durham, NC 27701
- [El Futuro](#) - Call 919.688.7101, ext. 600

## Wake County

- [Monarch](#)
- [NAMI Wake County](#)

- [Peer & Family Support Group for Stress & Anxiety](#)  
Mondays, 6:00 pm – 7:30 pm
- [NAMI Family Support Group](#)  
Tuesdays, 7:00 pm – 8:30 pm
- [NAMI Connections for Recovery Support Group](#)  
Wednesdays, 7:00 pm – 8:30 pm
- [SouthLight](#) - Call 919.787.6131, ext. 1431, between 8:00 am - 2:00 pm if you are seeking mental health or substance use services, or know someone who needs help, to schedule a virtual appointment.

## Guilford County

- [GCSTOP](#) - Call 336.850.1139 or 336.505.8122
  - Tuesdays & Fridays: 2:00 pm – 4:00 pm at Triad Health Project / 11:00 am – 1:00 pm at American Inn Suites
  - Wednesdays: 2:00 pm – 5:00 pm (in the parking lot of College Park Baptist Church, 1601 Walker Ave., Greensboro)
  - Thursdays: 4:00 pm – 8:00 pm (in the parking lot of College Park Baptist Church, 1601 Walker Ave., Greensboro)

## Statewide

- [Center for Emotional Health](#) (free virtual group therapy sessions)
  - Contact [info@cehcharlotte.com](mailto:info@cehcharlotte.com) or visit <https://www.cehcharlotte.com/free-virtual-group-therapy> to register.
  - Groups are open to 13+ and are for anyone having trouble coping with the emotional impact of the COVID-19 pandemic. Groups are split into teen and adult groups.
  - Teen groups: Mon., starting 4/20, at 10:00 am, Thurs., starting 4/23, at 3:00 pm, or Fri., starting 4/24, at 1:00 pm.
  - Adult groups: Tues., starting 4/21, at 4:00 pm (men & women), Wed., starting 4/22, at 9:00 am (men only), Wed., starting 4/22, at 1:00 pm (women only), or Fri., starting 4/24, at 11:00 am (women only).
- [Crisis Centers across NC](#)
- [Critical Access Behavioral Health Agencies](#)
- [LME/MCO Directory](#)
- [NAMI NC](#) Helpline - call 800-451-9682 (Monday – Friday, 8:30 am – 5:00 pm), text 919.999.6527 or email at [helpline@naminc.org](mailto:helpline@naminc.org), or [find your local NAMI affiliate here](#).
- [RHA Health Services](#) (Triple P - Positive Parenting Program)
  - Mon., starting 4/27, from 3:00 - 5:00 pm, via Zoom link.
  - Call 828.747.1529 or email [Sherry.Holder@rhanet.org](mailto:Sherry.Holder@rhanet.org) to sign up.

## Nationwide

- [National Virtual Recovery Meetings/Collegiate Recovery Meetings/Social Events](#)

# **HARM REDUCTION**

## Nationwide

- [HRC COVID-19 Resource Page](#)

## Statewide

- [NCDHHS Syringe Exchange Programs](#)
- [NC Health Resource Guide](#)
- [Never Use Alone Hotline](#)
- [Syringe Exchange Program Locator](#)

## Guilford County

- [GCSTOP \(Guilford County Solution to the Opioid Problem\)](#)

# **TREATMENT FAQs**

## Statewide

- [NCDHHS Alcohol and Drug Treatment Centers](#)
- [SAMHSA MAT Suggestions](#)
- [SAMHSA OTP](#)
- [SAMHSA OTP Guidance](#)
- [Telemedicine & MAT Foundation for Opioid Response Efforts](#)
- [Alliance Provider Updates](#)
- [CMS.gov: Rural Health Care and Medicaid Telehealth Flexibilities, and Guidance Regarding Section 1009 of the Substance Use-Disorder Prevention that Promotes Opioid Recovery and Treatment \(SUPPORT\) for Patients and Communities Act \(Pub. L. 115-271\), entitled Medicaid Substance Use Disorder Treatment via Telehealth \(April 2, 2020\)](#)



# FOOD

## Statewide

- [Apply Online: NC Food and Nutrition Services](#)
- [Central/Eastern](#)
- [Food Finder - Food Bank of Central & Eastern NC](#)
- [NC Department of Social Services Directory](#)
- [NC Health Resource Guide](#)
- [NC Home Delivered Meals Providers](#)
- [No Kid Hungry - Text FOODNC to 877-877](#)
- [School Meals During COVID-19 Closures](#)
- [Why Hunger: Find Food](#)
- [2-1-1](#)

## Forsyth County

- [Pick-up Sites and Mobile Meal Locations](#)
  - Pick-up at Forsyth County schools (every Monday – Friday from 10:00 am – 2:00 pm)
  - Mobile meal sites (Clemmons, Kernersville, Rural Hall, Walkertown, Winston)

## Guilford County

- [Greater Greensboro Food Resources](#)
- [High Point Food Resources](#)

## Johnston County

- [With Love from Jesus](#)
  - 209 S. Robertson St., Clayton
  - Thursday from 9:30 am – 11:00 am & Sunday from 5:00 pm – 6:30 pm

## Wake County

- [Brooks Ave. Church of Christ](#)
  - Call 919.821.2400 (700 Brooks Ave., Raleigh)
- [CAFN & Wake County Food Program's Service Adjustments List](#)
- [Food Locator](#) - Wake County
- [Food Resources](#) - Wake County

- [The Salvation Army: Food Pantry Assistance](#)
  - Call 919.834.6733 (1863 Capital Blvd., Raleigh)
  - Tuesdays & Thursdays at 1:00 pm; must provide proof of Wake County residency
- [Urban Ministries of Wake County: Food Assistance](#)
- [WCPSS Food Distribution Sites](#)
- [Western Wake County Region Sites](#)
- [With Love from Jesus](#)
  - 421 Chapanoke Rd., Raleigh
  - Tuesday, Wednesday, Friday & Saturday, from 9:30 am – 10:00 am

## Watauga County

- [Hunger and Health Coalition](#)

# **SHELTER**

## Statewide

- [List of Homeless Shelters around NC](#)
- [NC Department of Social Services Directory](#)
- [NCDHHS Housing Resources](#)
- [NCDHHS Rental Resources](#)
- [NC Health Resource Guide](#)

## Durham County

- [Durham Crisis Response Center](#)
  - Call 919.403.6562 (ENGLISH) OR 919.519.3735 (SPANISH);  
[crisisline@durhamcrisisresponse.org](mailto:crisisline@durhamcrisisresponse.org)
  - 206 N. Dillard St., Durham, NC 27701
- [Durham Shelter Plan](#)

## Wake County

- [AME Incentive Program](#)
  - Call 919.834.3734 (412 Capital Blvd., Raleigh)
  - Call on Mondays for bed availability; for single men; \$60/week - meals provided
- [Cornerstone Center](#)
  - Call 919.508.0777 (220 Snow Ave., Raleigh - corner of W. Hargett St. & Snow Ave.)

- Monday, Tuesday, Thursday & Friday from 8:30 am – 12:00 pm; 1:00 pm – 5:00 pm; Wednesday from 1:00 pm – 5:00 pm
- Day center only; provides hygiene items, laundry service, showers, mental health services information, etc.
- [Family Promise](#)
  - Call 919.832.6024 (903 Method Rd., Raleigh; for any type of family)
- [Haven House](#)
  - Call 919.833.3312 (600 W. Cabarrus St., Raleigh; for at-risk and/or homeless youth)
- [Healing Transitions](#)
  - Men's Campus
    - Call 919.838.9800 (1251 Goode St., Raleigh; single males only; 35 detox beds; 115 long-term beds)
  - Women's Campus
    - Call 919.865.2550 (3304 Glen Royal Rd., Raleigh; for women experiencing homelessness only; must be 18 y/o & up; non-medical detox, recovery program)
- [Helen Wright Center for Women](#)
  - Call 919.833.1748 after 1:00 pm (for single, homeless women without children)
- [Housing Resource Guide](#)
- [InterAct Shelter](#)
  - Call 919.828.7740 (1012 Oberlin Rd., Raleigh; for domestic violence survivors only - 5 rooms available; no fee; 6-week stay)
- [Oak City Cares](#)
  - Call 984.344.9599 (1430 S. Wilmington St., Raleigh; provides access to public computers/telephones, laundry services, showers, urgent medical care, mental health services, etc.)
- [Raleigh Rescue Mission](#)
  - Call 919.828.9014 OR 919.828.4980 (314 E. Hargett St., Raleigh; 40 beds for men; 67 beds for women; 16 emergency beds)
- [Salvation Army Shelter](#)
  - Call 919.834.6733 (1863 Capital Blvd., Raleigh; for women & children only)
- [South Wilmington Street Center](#)
  - Call 919.857.9428 (1420 S. Wilmington St., Raleigh; for single men only)
- [The Caring Place](#) (transitional housing—NOT a shelter)
  - Call 919.462.1800 (491 James Jackson Ave., Cary; for working families only - must make \$1200/month & have own transportation)
- [Women's Center](#)
  - Call 919.829.3711 (128 E. Hargett St., Raleigh; day shelter for single women)
- [Wrenn House](#)
  - Call 919.832.7866 (908 W. Morgan St., Raleigh; accepts both male/female, from 10-17 y/o; no fee; up to 2 weeks)

## UTILITIES

### Statewide

- Governor Roy Cooper signed [Executive Order 124](#) on March 31, 2020, prohibiting utilities from shutting off services to people who are unable to pay - electric, gas, water, and wastewater services can't be shut off for the next 60 days.

### Electricity

- Duke Energy is suspending disconnection for nonpayment effective immediately.

### Water

- Raleigh Water will suspend all water account disconnects due to non-payment of City of Raleigh utility bills. [Click here for more information.](#)

### Internet

- AT&T will waive internet data overage fees for customers who have capped data plans. For more information, [click here.](#)
- Comcast announced it would offer two months of free internet services to low-income households in its service areas. For more information, [click here.](#)
- Spectrum plans to offer free internet to students without access for 60 days. To enroll, call 1.844.488.8395. For more information, [click here.](#)
- Verizon will waive any late fees and not terminate any service for the next 60 days (stated March 16th). For more information, [click here.](#)

## CLOTHING

### Johnston County

- [With Love from Jesus](#)
  - 209 S. Robertson St., Clayton
  - Thursday from 9:30 am – 11:00 am & Sunday from 5:00 pm – 6:30 pm

## Wake County

- [Brooks Ave. Church of Christ](#)
  - Call 919.821.2400 (700 Brooks Ave., Raleigh)
- [Dress for Success](#)
  - Call 919.286.2128 (1812 Tillery Place, #105, Raleigh)
  - Assist women with job readiness skills such as resumes & mock interviews; assist women with clothing for work)
- [First Baptist Church](#)
  - Call 919.832.4485 (99 N. Salisbury St., Raleigh)
  - Mondays from 10:00 am – 1:00 pm
- [Note in the Pocket](#)
  - Call 919.714.9403 (5100 Lacy Ave., Raleigh)
  - Provides clothing for low-income families who have a child in the Wake County Public School System)
- [Salvation Army Clothing Closet Assistance](#)
- [With Love from Jesus](#)
  - 421 Chapanoke Rd., Raleigh
  - Tuesday, Wednesday, Friday & Saturday, from 10:00 am – 11:30 am

## **FINANCIAL ASSISTANCE**

- [Apply for NC Unemployment](#) - Call 888.737.0259 (8:00 am – 4:30 pm)
- [Apply Online: NC Food and Nutrition Services](#)
- [COVID-19 and Unemployment Insurance](#)
- [Getting help paying for medications](#)
- [Know Your Rights: Your Employment & COVID-19](#)
- [Medication Assistance Program](#)
- [NC Department of Social Services Directory](#)
- [NC Tax Relief Programs](#)
- [Need help paying bills](#)
- [Rx Assistance Program](#)
- [Triangle Restaurant Relief Fund](#)
- [United Way COVID-19 RELIEF FUND](#)
- [U.S. Small Business Administration: Coronavirus Relief Options](#)
- [U.S. Small Business Administration: Paycheck Protection Program](#)
- [Medicare.gov: Medicare & Coronavirus](#)
- [CMS.gov via YouTube: Video on Medicare Coverage and Payment of Virtual Services](#)

# HEALTH SERVICES

## Statewide

- [Community Rehabilitation Program Locator](#)
- [Free/Income-based Health Clinics](#)
- [HRSA Find a Health Center](#)
- [LME Medical Records](#)
- [NC Association of Free & Charitable Clinics](#)
- [NC Safety Net Map](#)
- [NC Safety Net Resources](#)
- [NC Safety Net Sites - Office of Rural Health](#)
- [Office of Rural Health - Programs](#)
- UNC Health Helpline - call 1.888.850.2684 before visiting a doctor's office or an urgent care location.
- [Center for Disease Control and Prevention \(CDC\): Disinfecting Your Facility if Someone is Sick](#)
- [Center for Disease Control and Prevention \(CDC\): Healthcare Infection Prevention and Control FAQs for COVID-19](#)

## Wake County

- [Horizon Health Care](#) - call 919.833.3111
  - Oak City Cares Location (1430 South Wilmington St., Raleigh); Mondays, Tuesdays & Thursdays from 9:00 am – 5:00 pm
  - The Women's Center of Wake County (112 Cox Ave., Raleigh); Wednesday from 9:00 am – 12:00 pm
- [Mariam Clinic](#)
  - Call 919.824.4672 (1021 Darrington Drive, Cary)
- [Urban Ministries of Wake County](#) (Open Door Clinic)
  - Call 919.832.0820 (1390 Capital Blvd., Raleigh)
- WakeMed Respiratory Diagnostic Center - call the WakeMed Health Help Line FIRST at 919.350.5200, between 8:00 am - 4:00 pm, to connect with a provider for an initial phone evaluation.
- [WakeMed Virtual Urgent Care](#) - call 919.235.6577; [virtualurgentcare@wakemed.org](mailto:virtualurgentcare@wakemed.org); for questions. Use promo code **CARENOW** on the payment page for a \$15 flat fee.

# FAMILY SUPPORT

## Statewide

- [Administration for Children/Families](#)
- [Deaf and Hard of Hearing Directories](#)
- [NC Aging Service Directory](#)
- [NC Department of Social Services Directory](#)
- [Senior Centers Directory](#)
- If you are a parent who provides necessary services to, or cares for, members of our communities and your child care has fallen through or is unavailable because of COVID-19 closures, call 1.888.600.1685 to be connected with the right fit for you and your child (for infants up to children age 12).
- [Emergency Child Care Subsidy Program](#):
  - Essential worker emergency child care financial assistance will be offered through May and may be extended. To receive an emergency care subsidy, parents must complete the [COVID-19 Parent Application for Financial Assistance for Emergency Child Care](#) and submit it to their child care provider. Financial aid is available to parents and caregivers who are essential workers and who meet the eligibility criteria.
  - *Spanish language* translation [here](#).

## Guilford County

- [YMCA All-Day Daycare](#) - Support for First Responders and Healthcare Personnel
- [United Way Backpack Program](#) - Provides weekend meals for elementary students

## Wake County

- [Centro para Familias Hispánicas/Center for Hispanic Families](#)
  - Food bank will stay open from 10:00 am – 12:45 pm
  - For social work/community resource information, call 919.873.0094, ext. 2240
  - For general information, call 919.873.0094, ext. 2220
- [Dorcas Ministries](#)
  - Call 919.469.9861 (187 High House Rd., Raleigh)
  - Offers financial assistance for residents of Cary, a food pantry, a job training center, childcare, education and a UNC Mobile Clinic every Tuesday
- [Families Together](#)
  - Call 919.212.1123 (908 Plainview Drive, Raleigh)
- [Help for Residents](#) - Wake County

- [Passage Home](#)
  - Call 919.834.0666 (513 Branch St., Raleigh)
  - Self-sufficiency program for three main groups: (1) families living in poverty or at risk of poverty, (2) veterans, and (3) youth
- [Project CATCH](#)
  - Call 919.834.6733, ext. 136 (1863 Capital Blvd., Raleigh)
  - Provides outreach to families doubled up, living in hotels/other shelters in the area, and does screenings & assessments on the children, as well as connects the family to resources for clothing, food, diapers, etc.
- [Triangle Family Services](#)
  - Call 919.821.0790
- [Lutheran Services Carolinas](#) - Refugee and Immigrant Services
  - (919)-832-2620 | Email: [NCrefugee@LSCarolinas.net](mailto:NCrefugee@LSCarolinas.net)

## Pet Food/Med Assistance

- [List of National and NC organizations that can provide assistance](#)
- [Emergency Pet Food Assistance Request Form \(Wake County\)](#)
- [NC State Vet Hospital](#) (will only see emergency cases)

## Formula/Baby Needs

- [Diaper Bank of NC](#)
- [El Centro Hispano](#) - Deliver diapers on Mondays/Thursdays from 9:00 am – 1:00 pm
- [List of Nonprofits that help with Free Diapers and Baby Supplies](#)

# **DOMESTIC VIOLENCE / CRISIS SERVICES**

## Statewide

- [General Family/Youth Services](#)
- [NCCADV – NC Coalition Against Domestic Violence](#)
- [NC DSS agency contact information by county](#)
- [ReadyNC Emergency Preparedness](#)

## Durham County

- [Durham Crisis Response Center](#)
  - Call 919.403.6562 (ENGLISH) OR 919.519.3735 (SPANISH);  
[crisisline@durhamcrisisresponse.org](mailto:crisisline@durhamcrisisresponse.org)



- 206 N. Dillard St., Durham, NC 27701

## Wake County

- [InterAct](#)
  - 24 hour crisis line (919.828.7740) | (866.291.0855) toll-free
- [Project FIGHT](#)
  - For immediate assistance, call 1.888.373.7888 (National Human Trafficking Hotline) | For non-emergencies, call 919.390.6738
  - Provides case management for individuals who have experienced human trafficking

## Orange County

- [Compass Center for Women and Families](#)
  - 24 hour domestic violence hotline (919.929.7122)

## TRANSPORTATION

- [Chapel Hill Transit Updates](#)
- [GoTriangle Updates](#)
- [Greensboro SCAT](#)
- [NC Medical Transportation Directory](#)
- [NC Transportation Directory](#) (provider directory by service)
- [North Carolina Transit Links](#)
- [PART \(Piedmont Area Regional Transportation\)](#)

## BUSINESS SUPPORT

- [Cisco](#) - Free Webex accounts; use code wecare2020 at checkout
- [Google Hangouts and G-Suite](#) - Free access to advanced G-suite through July 1, 2020
- [Guidance for Businesses](#) - Wake County
- [LinkedIn](#)- Free 16-course e-learning series
- [Microsoft Teams](#) - Free access to Microsoft Teams for individuals and professionals
- [Remote Work Resources](#)
- [TeamViewer](#) - Remote connectivity platform
- [Zoom](#) - Free video conferencing, webinars and screen sharing

# **MISCELLANEOUS**

## COVID-19 Specific Resources

- [Centers for Disease Control and Prevention: How to Protect Yourself/What to Do If You're Sick](#)
- [Centers for Disease Control and Prevention: Coronavirus Disease 2019 Situation Summary](#)
- [Coronavirus in the Workplace](#)
- [Executive Order No. 118 - Responding to COVID-19](#)
- [Families First Coronavirus Response Act](#)
- [National Institute of Health \(NIH\): COVID-19](#)
- [NC Congressman David Price's COVID-19 Resource Guide](#)
- [NCDHHS Resources and Information in Spanish](#)
- [NC Policy Watch - updated regularly](#)
- [SAMHSA: Tips for Social Distancing](#)
- [The National Council for Behavioral Health: Resources for COVID-19](#)
- [UNC Health - Coronavirus/COVID-19 Resources](#)
- [UNC Libraries - Resources for Support](#)
- [World Health Organization: Rolling updates on coronavirus disease](#)

## Network of Care (Service & Supports Locator)

- [Durham County](#)
- [Wake County](#)

## Other

- [COVID-19 Guidance for Businesses and Employers \(CDC\)](#)
- [COVID-19-Related Closings and Changes to Service \(Wake County\)](#)
- [Discover - Free Audio Books](#)
- [Drug Enforcement Administration \(DEA\): Use of Telemedicine While Providing Medication Assisted Treatment \(MAT\)](#)
- [DSS by County](#)
- [NCDHHS Shareable Materials and Resources - Multiple Languages](#)
- [Envision Science Academy School Resource Guide \(educational, health, food & more\)](#)
- [Home-Schooling Curriculum & Schedules](#)
- [National Institute on Drug Abuse: Stigma and addiction addressed in New England Journal of Medicine \(April 02, 2020\)](#)
- [NC Department of Public Safety Resource List](#)

- [NCDPSRP](#)
- [NC Health Departments](#)
- [NC Works Durham County Resource List](#)
- [Pandemic Preparedness in the Workplace](#) (Americans with Disabilities Act)
- [Remote Learning Resources from WCPSS](#)
- [SAMHSA: Tips for Social Distancing](#)
- [SAMHSA Training and Technical Assistance Related to COVID-19](#)
- [Scholastic - Free Day-to-Day Projects](#)
- [Seniors Assistance](#) (Rx & Groceries)
- [Southeastern Affordable Housing Management Association by County Resource List](#)
- [Statewide Find Help](#) (NC 211)
  - Dial 2-1-1 or call 888.892.1162 for assistance, OR text COVIDNC to 898-211 to receive general information & updates about COVID-19
- [Undocumented Communities Resource List](#)
- [Urban Ministries Durham County Resource List](#)
- [Urban Ministries of Wake County Resource List](#)
- [U.S. Dept. of Health and Human Services \(HHS\): Notification of Enforcement Discretion for telehealth remote communications during the COVID-19 nationwide public health emergency](#)
- [U.S. Department of Health & Human Services \(HHS\): OCR Announces Notification of Enforcement Discretion for Telehealth Remote Communications During the COVID-19 Nationwide Public Health Emergency](#)



Please reach out to us with any questions, tips or concerns.