

*"Knowing what must be done does away with fear."* -Rosa Parks

## "I NEED ..."

## "WHAT CAN I DO?"

"I need help but I don't know where to turn."

- Dial **211** or **888-892-1162** to speak with someone about your needs.  
[www.NC211.org](http://www.NC211.org)

### CHILDCARE

"I can't afford childcare. Where can I go for help?"

"It's too dangerous to leave my child with just anyone. I want better for them. Plus, we can't put childcare needs on Facebook. Predators are looking for people who put their children online! What can I do?"

- Need child care for children up to age 12, call *Child Care Hotline* at **1-888-600-1685**.
- Contact *Child Care Search* to receive a list of all available childcare facilities close to you. **1-855-231-8717**
- Contact *Department of Social Services DSS* for help with the cost of childcare. **910-814-6651**
- Call Johnston, Lee, or Harnett **Community Action Head Start**. **919-934-2145**
- Contact the *Angier Center for Families* working in agricultural activities. **919-639-3319**
- Call the *Robin Paige Boys and Girls Club* for children 1st Grade and up. **910-308-4392** Payment for the entire school year it is 52.00.

### FOOD

"We don't have enough to eat. Where can I go for help?"

- Call the *Harnett Food Pantry*. **(910) 985-7787**
- *The Department of Social Services* can help with food and nutrition assistance. **910-893-7500**
- *DUMA Food Pantry* **(910) 891-1633**
- *933 Red Hill Church Road Food Pantry, Erwin* **(910) 897-3020**
- Go to [www.foodpantries.org/st/north\\_carolina](http://www.foodpantries.org/st/north_carolina) and enter your address.

### HOUSING

"My children and I are living with friends and we need to move into our own place."

- *Hope Rental Assistance*: **1-888-927-5467**
- The Sanford Housing Authority, HUD: **919-776-7655**
- Beacon Rescue Mission: **910-892-5772**
- Dunn Housing Authority: **910-892-5076**
- *Habitat for Humanity* of Harnett: **910-891-4500**

### EMPLOYMENT

"I need help finding a job to support my children."

- *Work First Family Assistance*: **910-814-6823**
- *Employment Security*: **910-891-2915**
- *Harnett County JobLink (NC Works Career) Center*: **910-814-4042**
- *Vocational Rehabilitation*: **910-892-7040**
- Find a job in Harnett County through *NC Works*. (youth and adults) **910-814-6320**

### TRANSPORTATION

- Contact the *Harnett Area Rural Transit System (HARTS)* and ask about scheduling a ride to appointments (or elsewhere) between 8:00am and 5:00pm. **910-814-4019**

### PARENTING

Has the court ordered you to take parenting classes or do you need to connect with other parents/grandparents for help?

- Are you a "Grandparent Raising Grandchildren?" Call **910-814-6075** for help.
- Need court-mandated parenting classes? Call *Daymark Recovery*, **910.893.5727**.
- *Circle of Parents* group and the *Kaleidoscope Play & Learn* program. (Ages 0 - 5 years) **910-893-2344**
- If you need a car seat or need help installing a car seat, call **910-814-6252**. (*Harnett County Health Department*)

### HELP RAISING MY GRANDCHILDREN

"I just received custody of my grandchildren. HELP! Where can I find it?"

- Harnett County Department on Aging has a "Grandparents Raising Grandchildren" program. Call **910-814-6075**.
- Harnett County Department of Social Services can help. **910-893-7500**
- *NC Family Caregiver Support Program* can be reached at **910-323-4191, Ext. 27**.
- Contact *Harnett County Partnership for Children @* **910-893-2344** and ask about the *Circle of Parents* group and the *Kaleidoscope Play & Learn* program.

### MEDICAID FOR MY CHILD

- Contact *Children's Medicaid @* **910-814-6597**.

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### MENTAL HEALTH SUPPORT

"I just had a baby and I'm having scary thoughts. I'm too embarrassed to tell anyone but I know I need help. I don't want to hurt my baby." **OR** "I am worried about the mental health of my child. Who can I contact?" **OR** "I am thinking about harming myself. Who can help me?"

- **Hope4NC** (NC DHHS) **24 hr. HELP LINE** will connect you to mental health support. **1-855-587-3463** | For Schools & their Families: **919-226-2002**
- **24 hour MOBILE Crisis Line** (*Sandhills*) **877-626-1772** Someone will go to meet you within 2 hours of your call.
- *Heritage Counseling and Wellness, Erwin, NC:* **910-240-4599**, [heritagecw.com](http://heritagecw.com)
- *Tapestry Counseling, Dunn, NC* (for **moms** only): **910-808-1733**
- *Butterfly Counseling, Lillington, NC:* **910-606-4199**
- **Daymark** 24-hour Crisis Hotline: **866-275-9552** Recovery Services: **910-893-5727**
- *Sandhills Mental Health, Substance Abuse* **1-800-256-2452** / *Systems of Care (SOC)* Coordinators: **336-389-6353** or **910-673-9111**
- If you suspect a child may be abused or neglected, call **910-814-6662**. An on-call social worker can be reached after regular working hours at **(910) 893-9111**.

### DIAPERS, CAR SEATS, DENTAL SERVICES FOR CHILDREN

- *Department of Social Services:* **910-893-7500**
- *Redemption Hill Church:* **910-892-6395**
- *Harnett County Partnership for Children:* **910-893-2344**
- If you need a car seat or need help installing a car seat, call **910-814-6252**. (*Harnett County Health Department*)
- Discounted Dental Services: **910-814-4191**

### HELP WITH A CHILD ABUSE CASE

"I have concerns about a child's safety. I think they are being abused and/or neglected. Who can I trust to help me and not cause more problems for the child?"

- If you think a child is being physically abused or neglected, contact *Child Protective Services (CPS)* @ **910-814-6662**.
- An on-call social worker can be reached after regular working hours at **(910) 893-9111**.
- If you believe a child is being sexually abused contact *The Harnett County Advocacy Center* @ **910-304-1421**.

### HELP FOR A CHILD WHO IS NOT LEARNING LIKE NORMAL

"I am concerned about my child. He/she doesn't seem to be learning things as fast as other children. Who can I turn to for help?"

- If your child is **birth to 3 years** of age, contact the *Lillington office of "The Children's Developmental Services Agency* at **910-814-2480**.
- If your child is **3 to 5 years old**, contact *Harnett County Schools* at **910-893-8151 ext. 300247**.
- *Carolina Therapy:* **910-892-0027**
- *Developmental Play Services:* **(910) 658-6653**
- *TheraPlay:* **919-774-1281**

### MILITARY

"We are a military family with special needs. Where can we turn for support?"

- Military families can get help with any physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training, or counseling: **910-643-6993**. (*Exceptional Family Member Program*)

### PROTECTION FROM SOMEONE

"I don't feel safe. My partner is physically and/or verbally abusive. Where can I turn for help?"

- Call *Safe of Harnett County* @ **910-893-7233**.
- *Baptist Children's Homes* help families in emergency situations. Call **1-800-476-3669**.

### EVICITION HELP/UTILITIES HELP

"I am going to be evicted. I can't pay for utilities. What can I do?"

- Ask about **Energy Assistance** if you can't pay for utilities @ **910-814-8360**.
- *Legal Aid of NC* (legal US residents): **1-866-219-5262**
- *UNC School of Law Civil Legal Clinic* (regardless of immigration status): **919-590-9165**
- Seek temporary, emergency housing at "*The Underground Railroad: Mama Moses.*" **Text 910.514.8808** or request help at **MamaMoses.org**.

### WANT TO RUN AWAY?

Call **1-800-RUNAWAY** for 24/7 confidential & non-judgmental support.