

"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. They will listen with compassion and point you in the right direction. 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 is a parent supposed to do?"

- 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**. See the numbers below.
 - Main headquarters **919-934-2145**
 - Lillington Head Start **910-814-2651**
 - Dunn Head Start **910-230-0276**
- Contact **NC PreK** if your child is **4 years of age before August 31st**. **910-893-2344** (*Harnett County Partnership for Children*)
- 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 plans run as low as 25.00 a week in the summer. For the entire school year it is only 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**
- Visit the *Ladles of Love Kitchen* on **301 S Main Street in Lillington**. Meals are free for those in need. **910-336-8251**
- Go to 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."

- 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**

TRANSPORTATION

"I don't have transportation to take my child to a doctor's appointment."

- Contact the *Harnett Area Rural Transit System (HARTS)* and ask about scheduling transportation to their appointment between 8:00am and 5:00pm. **910-814-4019**

Note: Their operating hours are 4:00am-6:00pm Monday-Friday.

PARENTING CLASSES

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

- Need Court-mandated parenting classes? Call *Daymark Recovery*, **910.893.5727**.
- If you have children 0 - 5 years of age, contact *Harnett County Partnership for Children* @ **910-893-2344** and ask about the *Circle of Parents* group and the *Kaleidoscope Play & Learn* program.
- Are you a "Grandparent Raising Grandchildren?" Call **910-893-7578** for the help and support.



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To suggest a correction, message [Resilience Initiative Harnett County](mailto:ResilienceInitiativeHarnettCounty@gmail.com) or call **910-893-2344**.

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"I NEED ..."

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**
- **Daymark** 24-hour Crisis Hotline: **866-275-9552** Recovery Services: **910-893-5727**
- **24 hour MOBILE Crisis Line** (Sandhills) **877-626-1772** Someone will go meet you within 2 hours of your call.
- **Sandhills Mental Health, Substance Abuse** **1-800-256-2452** / **Systems of Care (SOC)** Coordinators: **336-389-6353** or **910-673-9111**
- **Tapestry Counseling** (for **mom**s only): **910-808-1733**
- **ABC Pediatrics** (counselors for **children**): **910-892-1333**
- **CareNet Counseling**: **910-897-8930** **Peace of Mind, Inc.**: **910-814-2197**
- 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**.

HELP RAISING MY GRANDCHILDREN

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

- Harnett County Department on Aging has a "*Grandparents Raising Grandchildren*" program. **910-893-7578** or **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.

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. 247.
- *Carolina Therapy*: **910-892-0027**
- *Developmental Play Services*: **(910) 658-6653**
- *TheraPlay*: **919-774-1281**

DIAPERS FOR MY CHILD

"I can't afford diapers for my children. Can someone help us?"

- *Department of Social Services*: **910-893-7500**
- *Redemption Hill Church*: **910-892-6395**
- *Harnett County Partnership for Children*: **910-893-2344**

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**.

EVICION HELP/UTILITIES HELP

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

- *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**
- Ask about **Energy Assistance** if you can't pay for utilities @ **910-814-8360**.

MEDICAID FOR MY CHILD

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

WANT TO RUN AWAY?

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



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