



Community Resources

Reach Out Services in Your Community

NC Hotlines

CARE-LINE

Information and Referral Service
1-800-662-7030
(English/Spanish)
7 days a week
7 a.m. - 11 p.m.

Child Abuse Helpline

1-800-CHILDREN

Domestic Violence

Crisis Line

Interact
1-866-291-0855
24 hours/7 days

National Alliance on

Mental Illness NC Helpline

1-800-451-9682
8:30a.m. – 5 p.m.
Monday – Friday

Poison Control

1-800-222-1222
24 hours/7 days



Most communities offer various kinds of services. Some services may help you satisfy your basic needs while others may help you meet other people. Here are some examples of resources you can find in North Carolina and Wake County. Four areas are focused: Nutrition, health care, child care, and parent education programs.

Nutrition

- **Eat Smart, Move More NC**
Promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray.

www.eatsmartmovemorenc.com

- **Nutrition Services Branch**
Promotes sound nutrition habits among infants, children and women in their child-bearing years in NC (Includes the WIC Program).

www.nutritionnc.com
919-707-5800 or 919-707-5799



- **Color Me Healthy**
Offers fun, interactive learning opportunities on physical activity and healthy eating to children ages four and five.

www.colormehealthy.com
919-515-9142
Email: carolyn_dunn@ncsu.edu

Health Care

- **NC Health Check (Medicaid) and Health Choice**

Provide free or low cost health insurance to children and teens who qualify.

www.nchealthystart.org/public/childhealth
or
www.ncdhhs.gov/dma
800-662-7030 or 919-855-4400

- **NC Immunization Branch**
Promotes public health through the identification and elimination of vaccine-preventable diseases. They offer free or low-cost immunization.

www.immunizenc.com
919-707-5550
Email: ImmlInfo@dhhs.nc.gov

- **North Carolina Pediatric Society**
Provides child health information and tips for selecting your child's pediatrician.

www.ncped.org
919-839-1156





Wake County **Hotlines**

Crisis Line
HopeLine of NC
919-231-4525
24 hours/7 days

TALKline
Project Enlightenment
For Wake County
residents
919-856-7800
1:00-2:30 p.m.
Monday and
Wednesday

Child Care

- **NC Division of Child Development**
Promotes quality standards, access for families, and enhanced service delivery of care and education across the state.

<http://ncchildcare.net>
800-859-0829 (In-State only)
919-662-4499 (Local)
Email: webmasterdcd@dhhs.nc.gov

- **Child Care Services Association**
Seeks to ensure affordable, accessible, high quality child care for all families.

www.childcareservices.org
919-779-2220 (Wake County)



- **Child Care Subsidy Program in Wake County**
Provides financial assistance to parents for their child care needs.

www.wakegov.com/humanservices/family/childcare
919-773-7600

Parent Education Programs

- **SAFEchild**
Aims to build strong families and protect children. They offer three different programs: family-centered, group-based programs; a home-based visitation program; and a school-based program.

www.safechildnc.org
919-743-6140
Email: SAFEchild@safechildnc.org



- **Prevent Child Abuse NC**
Seeks to give every child a healthy, nurturing childhood and the opportunity to grow up to be a caring, contributing adult. They offer family-strengthening programs, public and professional education, leadership, and advocacy.

www.preventchildabusenc.org
919-829-8009
Email: info@preventchildabusenc.org

- **Project Enlightenment**
Is an early childhood education and intervention program of the Wake County Public School System. They serve teachers and parents of young children aged birth through kindergarten.

www.projectenlightenment.wcpss.net
919-856-7774