"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?”

• 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?”

• Summer Food Programs (June 8th-Aug 14th, 2020) are located at Harnett Primary, Overhills Elementary, Johnsonville Elementary, Lillington Shawtown, and Angier Elementary.
• Call the Harnett County 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 HELP

“I feel so alone and need to connect with other parents. Where can I find support groups?”

• 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.
• Harnett County Department on Aging has a “Grandparents raising Grandchildren” program. 910-893-7578
## MENTAL HEALTH SUPPORT

“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?”

- **HopeINc (NC DHHS)**: 24 hr. help line will connect you to mental health support ANY TIME night or day. 1-855-387-3463
- **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 moms 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.

## EVICTION 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.