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Helpful Resources for Uncertain Times...

As a community partner, Triangle United Way understands the difficult economic time many of our friends and neighbors are facing while living or working in the Triangle region. We value sharing some of the key resources that may help our fellow citizens who are experiencing a transition or are in need of extra support. Please contact any of these vital services.

Call 2-1-1

United Way's free resource puts you in touch with information about critical health and human services available in the community, including:

- **Employment Support:** unemployment benefits, financial assistance, job training, transportation assistance, education programs.
- **Basic Human Needs Resource:** rent assistance, utility assistance, food banks, clothing, shelters.
- **Support for Children, Youth and Families:** quality childcare, after school programs, Head Start, family resource centers, summer camps and recreation programs, mentoring, tutoring, protective services.
- **Physical and Mental Health Resources:** medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention, rehabilitation, health insurance programs, Medicaid and Medicare, maternal health, children's health insurance programs.
- **Support for Older Americans and Persons with Disabilities:** home health care, adult day care, congregate meals, Meals on Wheels, respite care, transportation, and homemaker services.

Triangle region job search tools & resources

- **Greater Raleigh Chamber of Commerce:** The Greater Raleigh Chamber of Commerce offers an extensive list of companies with links to their job opportunities in and around the Triangle. This is free to the public and can be accessed at:
http://www.raleighchamber.org/about_jobs.aspx
- **The Durham Chamber of Commerce:** The Durham Chamber of Commerce offers a variety of tools and resources for job hunters. These can be accessed at:
<http://www.durhamchamber.org/live/careers/>
- **The Employment Security Commission of North Carolina:** This website helps you find a job, file your weekly unemployment certification, view your unemployment claim profile, view your unemployment benefit payment history, search employer websites, and file for emergency unemployment compensation. This can be accessed at:
<http://www.ncesc.com/splash.asp>
- **WorkTriangle.com:** WorkTriangle.com provides one of the largest comprehensive job search engines specifically for the Triangle region. It can be accessed at:
<http://www.worktriangle.com/>



Triangle United Way partner agencies can help...

Agency:	Services:	Service Area:	Contact:
Catholic Charities of the Diocese of Raleigh, Inc.	Family Support, Counseling, Emergency Assistance	Durham and Wake Counties	<p>Durham: 902 Broad St. Durham, NC 27702 (919) 286-1964 Cary: 875 Walnut St. Cary, NC 27511 (919) 388-3065</p> <p>Raleigh: 3000 Highwoods Blvd. Suite 128 Raleigh, NC 27604 (919) 790-8533</p>
Child Care Services Association	Child Care Information	Durham, Orange, and Wake Counties	<p>Durham: 1201 S. Briggs Ave. Suite 200 Durham, NC 27703 (919) 403-6950 Wake: 319 Chapanoke Rd. Raleigh, NC 27603 (919) 779-2220</p> <p>Orange: 829 E. Franklin St. Building 1000 Chapel Hill, NC 27514 (919) 967-3272</p>
Durham Crisis Response Center	Emergency Shelter, Counseling, Legal Assistance for Domestic Violence/Sexual Assault	Durham County	<p>206 N. Dillard St. Durham, NC 27701 (919) 403-9425 24 Hour Crisis Line: (919) 403-6562</p>
Food Bank of Central and Eastern North Carolina	Emergency Food Pantry Resource	All Counties	<p>For closest food pantry, visit: http://content.foodbankcenc.org/about/zip.asp and enter your zip code or call: (919) 875-0707</p>
Inter-Faith Council for Social Services	Free Medical Clinic, Job Mentoring	Orange County	<p>100 W. Rosemary St. Chapel Hill, NC 27516 (919) 967-0643</p>
Interact	Emergency Shelter, Counseling, Legal Assistance for Domestic Violence/Sexual Assault	Durham, Orange, and Wake Counties	<p>612 Wade Ave. Raleigh, NC 27605 (919) 828-7501 24 Hour Crisis Line for Sexual Assault: (919) 828-3005 24 Hour Crisis Line for Domestic Violence: (919) 828-7740</p>
Legal Aid of North Carolina	Free Legal Services: Benefits, Employment, Family, Housing	All Counties	<p>Office: 224 S. Dawson St. Raleigh, NC 27601 (919) 828-4647</p> <p>Durham County: (919) 688-6396 Orange County: (919) 542-0475</p>
Orange County Rape Crisis Center	Emergency Shelter, Counseling for Sexual Assault	Orange County	<p>Chapel Hill: 825-A Estes Dr. Chapel Hill, NC 27515 (919) 968-4647 24 Hour Crisis Line: (866) 935-4783</p> <p>Hillsborough: 109 Millstone Dr. Suite B Hillsborough, NC 27278 (919) 643-0722</p>
Triangle Family Services, Inc.	Mental Health and Substance Abuse Counseling; Eviction Counseling; Credit and Debt Management, Bankruptcy	Durham, Orange, and Wake Counties	<p>Office: 401 Hillsborough St. Raleigh, NC 27603 (919) 821-0790</p>
Urban Ministries of Wake County, Inc.	Crisis Support, Free Medical Clinic, Food Pantry, Women's Shelter	Wake County	<p>Office: 1390 Capital Blvd. Raleigh, NC 27603 (919) 836-1643 Women's Shelter (919) 833-1748</p> <p>Crisis Support: (919) 834-1630 Food Pantry: (919) 256-2170 Free Medical Clinic: (919) 832-0820</p>

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