

JUNE 2024

NORTH MECK CONNECT RESOURCE GUIDE



NORTH MECK CONNECT

AN ADA JENKINS CENTER PROJECT

Compiled by the AJC

For additions, updates, or errors,
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ADA JENKINS
CENTER

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01

ECONOMIC MOBILITY NON-PROFIT ORGANIZATIONS

Economic mobility non-profits are often a one-stop for all the help you need. If the specific agency can't meet your need, they can refer you to one of their non-profit partners who can. Additionally, these organizations usually employ Social Workers who can help guide you to economic stability and well-being.

02 ECONOMIC MOBILITY

THE ADA JENKINS CENTER

Provides services to people living in Davidson, Cornelius, and Huntersville. Seeks to provide lasting solutions for economic stability by offering financial assistance for rent, mortgages, utilities & childcare, a food pantry, caseworkers, youth and adult education programs, and tax filing assistance programs. Additionally, we offer homeless outreach.

Address: 212 Gamble Street Davidson, NC 28036

[Public Transportation](#)

Phone: 704-896-0471

Website: [Financial Assistance](#)

[Case Management](#)

[Homeless Outreach](#)

[Education](#)

[Food Pantry](#)

[Tax Assistance \(VITA\)](#)



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EMPLOYMENT RESOURCES



04 ORGANIZATIONS FOR EMPLOYMENT SKILLS

CHARLOTTE WORKS

Helps people of all ages and skill sets find high-quality jobs and develop long-term careers. It also assists employers in hiring and retaining skilled workers.

Address: 8601 McAlpine Drive Park Suite 110 Charlotte NC 28211

Administrative Office Phone Number: 980-201-3256

Hours: Mon-Fri 8:00AM-5:00PM

Website: [Charlotte Works](#)

GOODWILL UNIVERSITY

Realizes modern free learning opportunities for Goodwill clients (and team members). Offers training in the following categories: Information Technology (IT), Construction & Trade Skills, Warehouse & Forklift, Computer Skills, BankWork\$, and Financial Basics among other things.

Address: 5301 Wilkinson Boulevard, Charlotte, NC 28208

Phone: 704-372-3434

Website: [Goodwill University](#)

RISE 2 WORK

The federal program aids FNS recipients in improving skills and careers for financial stability. E&T Social Workers offer guidance and referrals to various training programs, including occupational skills training, job search support, high school completion, workplace readiness, and career planning. With partner agencies, they also provide services like transportation assistance.

Address: Several offices in Charlotte, please see on website

Phone: 704-336-3000

Website: [Rise 2 Work](#)

05 ORGANIZATIONS FOR EMPLOYMENT SKILLS

CHARLOTTE AREA FUND

An organization that connects people to employment opportunities through specific job skills training, workplace readiness training, a success coaching program, and support services like childcare, transportation, hardship assistance, and more so you can achieve your career goals realistically.

Address: 901 N Tryon St, Charlotte, NC 28206

Phone: 704-372-3010

Website: [CAF Sufficiency Project](#)

URBAN LEAGUE OF CENTRAL CAROLINAS

Provides workforce development training programs like career courses and online professional development classes where you can learn skills and earn certifications required for professional careers. Program is self-paced, no cost and focuses on placing you in a job. If you are interested, complete your desired interest form at the website below and learn about your next steps.

Website: [Urban League Workforce Development Programs](#)

FLYIN' LION CULINARY SCHOOL

Career-readiness training in the culinary industry to persons economically challenged or differently able. Teaches required food service skills before transitioning participants into food service jobs. Fill out the contact form linked below for more information on applying to the program.

Dirección: 8600 Mount Holly-Huntersville Rd, Huntersville, NC 28078

Teléfono: (704) 399-5193

Sitio web: [Contact Flyin' Lion](#)

06 EMPLOYMENT RESOURCES FOR IMMIGRANTS

THE HUB BY INTERNATIONAL HOUSE

A community resource center devoted to assisting our foreign-born neighbors to find the programs and resources they need to thrive. Staff and interns are available to provide consultations to individuals who need to be connected to resources, including job-seeking resources. Available to all immigrants in Mecklenburg County. No appointment is needed, and all languages are welcome.

Phone: 704-405-0962

Website: [The Hub by International House](#)

LATIN AMERICAN COALITION

Empowers families to advance economically by linking them to sustainable jobs, nurturing professional development, and broadening opportunities across different industries. Programs include labor rights education, connecting you with employers, career development & professional opportunities, and finance & digital education. Please call for more detailed information.

Phone: 980-320-3741

Website: [LAT Economic and Workforce Center](#)

ENLACE CLT

Provides career networking opportunities to Latinx people through monthly meetings and events. Events facilitate free and open communication, work to fill any gaps in services provided to the community, disseminate events concerning the Latinx community, share information, extend our resources, and create cooperative efforts between agencies. The meetings are open to the public and are conducted in English. For more information, please visit the website linked below.

Website: [Enlace CLT Homepage](#)

07 EMPLOYMENT RESOURCES FOR IMMIGRANTS

CAROLINA REFUGEE RESETTLEMENT AGENCY

Provides a caseworker and critical resources to refugees or asylees who come to Charlotte fleeing violence, persecution, and repression. Employment counselors endeavor to find them work and guide each arrival toward self-sufficiency. To find out more, please call them or visit the website. Note that this resource is only for those legally considered refugees or asylees.

Phone: 704-535-8803

Website: [CRRA Website](#)

Email: info@carolinarefugee.org

08 JOB SEARCH DATABASES

IREDELL READY

A resource for Iredell County, but still accessible to those who live in North Mecklenburg County. They offer a job search function, career fairs, and workforce training. They also offer services for seniors, the formerly incarcerated, veterans, and young adults/students. Please visit their website linked below and explore the many resources they offer.

Address: 500 S. Main Street, Suite 449, Mooresville, NC 28115

Phone: 704-663-1898

Website: [Iredell Ready](#)

NC WORKS ONLINE

A resource that compiles available jobs in North Carolina for people seeking jobs. You may search the job database, find a career fair near you, or access essential resources for education and training, budgeting, and resume creation. Visit the website to create an account and start browsing their expansive job listings and resources. You may search for jobs by zip code!

Website: [NC Works](#)

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YOUTH/YOUNG ADULT EDUCATION AND CAREER READINESS RESOURCES



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YOUTH/ADULT EDUCATION AND CAREER READINESS

GENERATION NATION

Directly engages thousands of students in hands-on experiences to narrow civic/government learning opportunity gaps and build knowledge, interests, and skills. Generation Nation ensures that all students have the opportunity to gain the knowledge and experience they need to become informed, engaged, and effective civic leaders. Apply for leadership positions on the website.

Phone: 704-343-6999

Website: [Generation Nation](#)

Email: info@generationnation.org

MAYOR'S YOUTH EMPLOYMENT PROGRAM (MYEP)

Provides employment-experience to students in the Charlotte-Mecklenburg (CMS) school system by partnering with local businesses for student employment. To view the full list of eligibility requirements, please visit the website below. CMS district students can find out more about the application process by reaching out to their school's Career Development Coordinator (CDC).

Phone: 704-336-5577

Website: [Mayor's Youth Employment Program](#)

NC WORKS NEXT GEN

Oversees several programs for youth and young adults ages 16-24 to support their future career aspirations. NC Works Next Gen offers career advising, mentoring and leadership development to help young adults ages 16 to 24 remove the obstacles to careers.

Address: 8601 McAlpine Park Drive Suite 110, Charlotte, NC 28212 or Forest Point Boulevard 7140 Forest Point Blvd. Suite A, Charlotte, NC 28217

Phone: 704-566-2870 or 704-565-6865 by location, respectively.

Website: [NC Works Next Gen](#)

11**YOUTH/ADULT EDUCATION AND CAREER READINESS****GOODWILL UNIVERSITY**

Realizes modern free learning opportunities for Goodwill clients (and team members). Offers training in the following categories: Information Technology (IT), Construction & Trade Skills, Warehouse & Forklift, Computer Skills, BankWork\$, and Financial Basics among other things.

Address: 5301 Wilkinson Boulevard, Charlotte, NC 28208

Phone: 704-372-3434

Website: [Goodwill University](#)

SALUTEU BY FOR THE STRUGGLE INC.

Focuses on providing education and resources to youth involved with the criminal system or engaging in activities that tend to lead to involvement with the criminal system. For a comprehensive list of the program's features, please visit the link below.

Phone: 704-800-6628

Website: [SaluteU Program](#)

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HOUSING RESOURCES



13 HOME REPAIRS

HABITAT FOR HUMANITY OF THE CHARLOTTE REGION

provides urgent, major repairs at a subsidized rate, allowing homeowners to remain in their homes. CHR addresses health and safety concerns such as, but not limited to: unsafe roofing or flooring, lack of heat, electrical or plumbing hazards, and accessibility updates including handrails, ramps, and bathroom modifications.

Address: 3815 Latrobe Drive, Charlotte, NC 28211 or Ada Jenkins Center office, 212 Gamble Street, Davidson, NC 28036

Phone: 704-896-8957 extension 107

Website: [Habitat for Humanity of The Charlotte Region](https://www.habitatforhumanity.org/charlotte)

SHE BUILT THIS CITY

A women-led and women-focused organization that provides critical repairs for women-headed households and women-focused community spaces to empower women homeowners, business owners, and community leaders.

Address: 920 Blair Hill Road, Suite B117, Charlotte, NC 28217

Phone: 818-963-5136

Website: [She Built This City](https://www.shebuiltthiscity.org)

Email: info@shebuiltthiscity.org

REBUILDING TOGETHER OF GREATER CHARLOTTE

Repairs homes, revitalizes communities, and rebuilds lives by mobilizing community volunteers and contractors to provide repairs that make homes safer and healthier for our neighbors in need. Also partners with other local organizations to connect the community with resources to meet their needs and create vibrant neighborhoods. By appointment only.

Address: 9801 Southern Pine Blvd, Suite E, Charlotte, NC 28273

Phone: 980-236-0979

Website: [Rebuilding Together of Greater Charlotte](https://www.rebuildingtogether.org)

Email: info@rebuildingtogetherCLT.org

14 HOME REPAIRS

DAVIDSON HOUSING COALITION HAMMERS PROGRAM

Provides critical home repairs to people who live in Davidson, and prioritizes services to homeowners who are elderly, disabled, single parents, or large households of five or more residents, including children. Your income must be 80% or less than the average area income. They fix accessibility issues, electrical systems, drywall, plumbing, and roofs. Requires an application which can be found on the website linked below.

Phone: 704-892-4486

Website: [Hammers Program](#)

Email: us@davidsonhousing.org

LAKE NORMAN COMMUNITY DEVELOPMENT CORP.

Their Preservation Home Fund is designed to assist in providing critical home repairs in Huntersville, Cornelius, or Davidson. Note that a nonprofit organization who will complete the work must apply for the funding on your behalf (see orgs above). However, LKN CDC can connect you to a repair provider and help the provider with the application.

Address: 19837 S. Main Street, Cornelius, NC 28031

Phone: 704-897-7340

Website: [Home Preservation Fund](#)

15**HOME REPAIRS FOR SENIORS/SPECIAL NEEDS****REBUILDING TOGETHER OF GREATER CHARLOTTE -
SAFE AT HOME**

Safe at Home (SaH) is RTGC's signature program designed to improve aging-in-place outcomes for low-income older adults and people living with disabilities. By appointment only.

Address: 9801 Southern Pine Blvd, Suite E, Charlotte, NC 28273

Phone: 980-236-0979

Website: [RTGC'S Safe at Home Program Website](#)

Email: info@rebuildingtogetherCLT.org

NORTH CAROLINA HOUSING FINANCE AGENCY (NCHFA)

Provides low-income elderly and/or special needs people with urgent home repairs, comprehensive rehabilitation, or accessibility modifications. NCHFA provides financing to local government and nonprofit partners that may help you.

Emergency repairs and accessibility modifications help you to remain in your home after life-threatening emergencies and injuries.

Phone: 919-877-5700

Website: [NCHFA](#)

JUST 1 CALL

Provides support for seniors and adults with disabilities. Your one-stop source for information about housing, transportation, healthcare services, and products, social security, insurance, financial aid, leisure and social activities, legal services, and more.

Address: Wallace H. Kuralt Centre, 301 Billingsley Rd, Charlotte, NC 28211 or VCW Community Resource Center, 3205 Freedom Drive, Charlotte, NC 28208

Phone Number: 704-432-1111

Website: [Just 1 Call](#)

16**HOME REPAIRS FOR SENIORS/SPECIAL NEEDS****FOR THE STRUGGLE**

Through a program called Elder Response Initiative, assists seniors in historically and predominately black communities with completing critical home repairs. An application to the program is required, and you may download a PDF version on the website linked below. Email your completed application to the contact below. Call if you have any questions about the application.

Address: 500 A Spratt St., Charlotte, N.C. 28206

Phone: 980-771-4630

Website: [FTS Elder Response Initiative](#)

Email: tcampbell@ftsinc.org

17 HOUSING FINANCIAL ASSISTANCE

CRISIS ASSISTANCE MINISTRY

A one-stop financial assistance organization that can assist with rental evictions, utility shut-offs, and other household needs. For help with evictions, you must have an eviction notice. They also offer a free store with clothing, shoes, and household items free-of-charge and a free household appliance program free-of-charge via Crisis Assistance Ministry's Partner Agency network.

Address: 500 A Spratt St., Charlotte, N.C. 28206

Phone: 704-371-3001

Website: [Crisis Assistance Ministry](#)

COMMON WEALTH CHARLOTTE

Assists in equipping low-income wage earners with increased financial capability, so they can attain financial stability. This is achieved through a trauma-informed approach including education, personalized counseling, access to banking, and no-interest loans. They help North Mecklenburg county residents.

Address: 5301 Wilkinson Blvd, Charlotte, NC 28208

Phone: 980-292-1148

Website: [Common Wealth Charlotte](#)

DAVIDSON HOUSING COALITION

Creates affordable housing options and prepares families and individuals for financial stability and homeownership. All services require recipients to be located in Huntersville, Cornelius, or Davidson.

Address: 220-A Sloan Street, Davidson, NC 28036

Phone: 704-892-4486

Website: [Davidson Housing Coalition](#)

Email: us@davidsonhousing.org

18 HOUSING FINANCIAL ASSISTANCE

ADA JENKINS CENTER

Provides economic support to families facing financial hardship through their Critical Assistance Fund. For families located in Cornelius, Davidson, and Huntersville. Find out if you're eligible online or by phone.

Address: 212 Gamble St, Davidson, NC 28036

Phone: 704-659-1051

Website: [Ada Jenkins Center](#)

Email: info@adajenkins.org

UNITED WAY 211

24-hour helpline administered by United Way of North Carolina that connects N.C. residents of all 100 counties in need of assistance to resources in their communities. Resources available include housing, transportation, food, and other basic needs. All you have to do is dial 211. The phone line is multilingual.

Address: 1130 Kildaire Farm Rd, Suite 100, Cary, NC 27511

Phone: 2-1-1 (or 1-888-892-1162)

Website: [United Way 211](#)

SUPPORTIVE SERVICES FOR VETERAN FAMILIES

This service provided by Catholic Charities Diocese of Charlotte provides supportive services to very low-income Veteran families in Mecklenburg County who are homeless or at risk of homelessness and ultimately, to end homelessness among Veterans. Prioritizes re-housing services to homeless Veteran households.

Address: 1123 S. Church Street, Charlotte, NC 28203

Phone: 704-370-3233

Website: [Supportive Services for Veteran Families](#)

19**HOUSING FINANCIAL ASSISTANCE****PROPERTY PROVIDERS**

If you are a good tenant and have a good relationship with your landlord, they may be willing to work with you. Ask if they will accept a late payment or if you can pay your rent in installments. It cannot hurt to speak to them as soon as you know you may be in trouble as they may not want the additional court costs for an eviction.

If you are facing eviction for the first time and need more information, please view [page 103](#) in this guide.

20**FORECLOSURE PREVENTION RESOURCES****THE NORTH CAROLINA FORECLOSURE MEDIATION PROGRAM**

A clerk of court may be able to delay the foreclosure process for up to 60 days as needed. The delay of the foreclosure hearing will provide the homeowner more time to work out a payment plan with the bank, mortgage servicer, or lender. The ultimate goal of the program is to allow the homeowner to stay in the home.

Address: PO Box 2448, Raleigh, NC 27602

Phone: 919-890-1415

Website: [North Carolina Foreclosure Medication Program](#)

NORTH CAROLINA HOUSING FINANCE AGENCY

Provides free Foreclosure Prevention counseling and Housing Stability counseling. Their NC Homeowners Assistance Fund can aid NC homeowners with housing payments, mortgage payments, and housing-related costs. For inquiries about the fund, call 855-696-2423 or visit the website.

Address: 2801 Slater Road, Morrisville, NC 27560

Phone: 919-877-5700 (Main Office)

Website: [North Carolina Housing Financial Agency](#)

ALLIANCE CREDIT COUNSELING

A variety of assistance and support programs including bankruptcy counseling, mortgage delinquency advice, credit repair, debt reduction solutions, budget advice, home buyer education, foreclosure counseling, and reverse mortgage advice.

Address: 8000 Corporate Center Dr. STE. 114, Charlotte, NC 28226

Phone: 704-341-1010

Website: [Alliance Credit Counseling](#)

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HOMELESS PREVENTION & EMERGENCY HOUSING

CHARLOTTE EMERGENCY HOUSING INC.

A 14-bedroom facility that provides short-term shelter and comprehensive services for homeless families and single women. This is the only County shelter that accommodates families with adult or adolescent males. Rainbow Room licensed child care facility on site for up to 12 preschool children.

Address: 300 Hawthorne Lane 3rd floor Charlotte, NC 28204

Phone: 704-342-0933

Website: [Charlotte Emergency Housing Inc](https://www.charlotteemergencyhousing.org)

Email: Intake@CharlotteFamilyHousing.org

HARVEST CENTER

The Harvest Center CLT Passport Program is a biblical, value-based incentivized environment for non-chronic homeless families and individuals. They assist individuals impacted by situational homelessness, poverty and unemployment.

Address: 5415 Airport Dr, Charlotte, NC 28208

Phone: 704-335-1616

Website: [Harvest Center](https://www.harvestcenter.org)

INLIVIAN

Develops and provides quality housing in sustainable communities of choice for residents of diverse incomes to prevent homelessness. Formerly known as the Charlotte Housing Authority.

Address: 400 East Boulevard, Charlotte, NC 28203

Phone: 704-336-5183

Website: [Inlivian](https://www.inlivian.org)

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HOMELESS PREVENTION & EMERGENCY HOUSING

ROOF ABOVE

Connects individuals with shelter services, short term and transitional housing, permanent supportive housing, and substance abuse treatment programs with housing. Call and a trained specialist will direct you to the appropriate resource.

Address: Day Center @ 945 N. College Street, Charlotte, NC 28206

Phone: 704-342-0933 or write at [Contact Us](#)

Website: [Roof Above Housing Services](#)

ADA JENKINS CENTER

Connects individuals who are unsheltered with the proper resources. A Street Outreach Coordinator will meet with individuals and families to share emergency supplies and connect them with helpful resources.

Address: 212 Gamble St, Davidson, NC 28036

Phone: 704-896-0471

Website: [Ada Jenkins Center Homeless Outreach](#)

HOPE HOUSE FOUNDATION

Provides housing and support services for single, unaccompanied women and women with children experiencing situational homelessness in a pleasant congregant living environment.

Address: 15604 Northcross Drive, Huntersville, NC 28078

Phone: 704-992-1902

Website: [Hope House Foundation](#)

23**HOMELESS PREVENTION & EMERGENCY HOUSING****SOAR WORKS NORTH CAROLINA**

Are you at risk of or experiencing homelessness and in need of assistance with an Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) application? You may contact a social worker trained in the Soar program in Mecklenburg County by clicking the link below.

Website: [Soar Works Agencies](#)

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UTILITY SHUT-OFF PREVENTION RESOURCES

THE MECKLENBURG COUNTY DEPARTMENT OF SOCIAL SERVICES

Offers help to residents by providing Low Income Energy Assistance Program (LIEAP) funds to eligible households. LIEAP allows families to meet their heating needs without sacrificing other basic needs. Call to see if you qualify before applying. Applications and detailed info are available in English and Spanish at the link below.

Physical applications can be turned in at three addresses found on the website.

Phone: 704-336-3000 or 704-432-1111

Website: [Mecklenburg County Department of Social Services](#)

CRISIS ASSISTANCE MINISTRY

If you have received a disconnection notice on your utility service, they may be able to aid with paying all or a portion of your energy bill shut offs. Funds are limited and there is an application process. Please call to ask about this service.

Address: 500-A Spratt St, Charlotte, NC 28206

Phone: 704-371-3000

Website: [Crisis Assistance Ministry](#)

CHARLOTTE AREA FUND

If you have received a disconnection notice on your utility service, they may be able to help with paying all or a portion of your energy bill payments. They also offer Duke Energy's Helping Home Fund (HHF) which weatherizes low-income homes of Duke Energy customers to save money on utility bills. Please call for more info on these options.

Address: 901 N Tryon St, Charlotte, NC 28206

Phone: 704-992-1902

Website: [Charlotte Area Fund](#)

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UTILITY SHUT-OFF PREVENTION RESOURCES

UTILITY CONSERVATION ASSISTANCE PROGRAMS

Local utility companies usually offer utility conservation assist-need programs, typically at no cost. These measures, like long lasting light bulbs, weather-stripping for doors and windows and filters for furnaces can often cut your bill by as much as one-third to one-half. For example, the HHF program by Charlotte Area Fund.

Physical applications can be turned in at three addresses found on the website.

Phone: 704-336-3000 or 704-432-1111

Website: [Mecklenburg County Department of Energy](#)

CONTACT THE UTILITY COMPANY

If you anticipate you won't be able to pay your bill, reach out to the utility company as soon as possible. Most utility companies will allow you to fall behind 2-3 payments before shut off as long as you tell them when you can pay it. For example, if you plan on utilizing a resource in this guide, tell them when you'll be approved for help. See your bill or payment portal for contact information.

Many utility companies offer discounted rates and payment plans to elderly and low-income people. Ask your utility company today.

PROGRAMS THAT AVERAGE BILLS THROUGHOUT YEAR

We use different amounts of energy depending on the season. Sometimes we fall behind on our energy bills during periods when we use a lot of energy and incur high bills, like during summer in hot, humid North Carolina. **Many energy utilities offer programs that average your periods of high and low usage and allow you to pay one set monthly payment all year long.** This way, you can budget for one fixed price.

Please call your utility company and ask if they offer this program.

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FOOD ASSISTANCE



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FOOD PANTRIES

NOURISH UP FOOD PANTRIES

If you need immediate food assistance, call Nourish Up for help. They will get you food, and then connect you with their programs to prevent emergencies again.

If it is not an emergency but you would still like to receive a referral to begin using the pantry and you live in Davidson, Huntersville, or Cornelius, you may call the Ada Jenkins Center at 704-896-0471. If not, call Nourish Up.

Phone: 704-523-4333

Website: [Nourish Up Food Pantries](#)

FEED NC

Application required to use services. Provides a food pantry, food delivery to eligible people, a free community restaurant, and outreach Fridays with a mobile truck, among other services. Located in Mooresville but also serves Northern Mecklenburg County.

Address: 2456 Charlotte Highway, Mooresville, NC 28117

Phone: 704-660-9010

Website: [Feed NC](#)

HEARTS AND HANDS FOOD PANTRY (PICK-UP AND DELIVERY)

Does not require referrals. Pickup is open to anyone who needs emergency food assistance, but delivery has specific eligibility requirements. Demand is very high, so you must make an appointment during the set hours. There are eligibility requirements for deliveries. Visit the website, hover over 'Get Help' and then read the rules very carefully for each option.

Address: 4040 Chesapeake Drive Charlotte, NC 28216

Phone: 980-292-0357, Call or Text

Website: [Hearts and Hands Food Pantry](#)

28**FOOD PANTRIES****OAKHURST BAPTIST CHURCH FOOD PANTRY MINISTRY**

Provides physical and spiritual nourishment each month to members of the community. We begin each gathering with coffee and breakfast snacks and time for conversation. This is followed by a 10-15 minute message from the Bible. Guests then have the opportunity to find clothes in our clothing closet, and are provided with groceries. All are welcome, so please join us! 1st Saturday of the month from 10-11 AM.

Address: 5037 Monroe Rd, Charlotte, NC 28205 in Fellowship Hall

Website: [OBC Food Pantry](#)

CATHOLIC SOCIAL SERVICES FOOD PANTRY

Appointments are required at least 24 hours in advance to use the food pantry. Hours are Tuesday – 10:00 AM – 12:00 PM and Thursday – 1:00 – 3:00 PM weekly. Call or text for an appointment. Also provides a clothing shop for free.

Address: 1123 S. Church Street, Charlotte, NC 28203

Phone: Call 704-370-3262 or text “FOOD” to 704-268-9821

Website: [Catholic Diocese Charities of Charlotte](#)

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EMERGENCY FOOD - SOUP KITCHENS

ANGELS & SPARROWS

Is a soup kitchen open to everyone in the community who needs it. As of June 2024, they serve lunch Monday through Friday from 11 am to 1 pm. They also seek to help families with their 2-Gen approach, providing education and tutoring, social capital, health & well-being, and economic assets such as stable housing and transportation. Questions? Call or fill out the contact form today.

Address: 15016 N. Old Statesville Rd, Huntersville, NC 28078

Phone: 704-918-0122

Website: [Angels and Sparrows Contact](#)

DONOGHUE'S OPEN DOOR BY FEEDNC

Community dining room that serves made-to-order breakfast and lunch items Monday – Friday, 9:00 AM to 2:00 PM. Dining is free. You may view a weekly menu and all the upcoming events on their website. Part of FeedNC. Serves North Meck.

Address: 2456 Charlotte Highway, Mooresville, NC 28117

Phone: 704-660-9010

Website: [Visit Donoghue's Open Door](#)

ROOF ABOVE DAY CENTER

Offers daily lunch from 11:15 AM to 12:15 PM, including holidays.

Also offers basic services like laundry, restrooms, device charging, phone, fax, and mail, onsite nurse and medicines, help obtaining ID, bus passes for verified work/medical appointment), etc. is also the first stop to emergency shelter and housing with Roof Above.

Address: 945 North College Street, Charlotte, NC 28206

Phone: 704-284-9665

Website: [Roof Above Day Center](#)

30**EMERGENCY FOOD - SOUP KITCHENS****ASCENSION LUTHERAN CHURCH**

Serves a free, hot meal every Tuesday from 11:00 AM--12:00 PM, rain-or-shine, and on holidays. No ID needed, no note from social services; just come in if you need a meal. Meals are served in a dignified atmosphere similar to a restaurant. After parking in the parking lot, go through the exterior entrance marked "Luther Hall" and take the elevator down to the lower level.

Address: 1225 E Morehead St Charlotte, NC 28204

Phone: 704.372.7317

Website: [Ascension Lutheran Church Soup Kitchen](#)

Email: admin@ascensioncharlotte.org

DILWORTH SOUP KITCHEN

Located at First Christian Church in Charlotte. Serves free, takeout lunches every Monday and Friday of the year from 11 a.m. until noon. Everyone is welcome, no requirements, no charge, and no questions asked. Also provides fresh groceries and non-perishable foods until the next meal.

Address: 1200 East Blvd. Charlotte, NC 28203

Website: [Dilworth Soup Kitchen](#)

Email: info@dilworthsoupkitchen.org

31**SENIOR FOOD ASSISTANCE****CONGREGATE MEAL SERVICE**

Provided by the Mecklenburg County Department of Social Services at over 19 different locations, including one in Cornelius and Huntersville. Seniors should find the location closest to them and then call that location's phone number to make a registration appointment. Find the phone numbers on the website. There are eligibility requirements. You must be 60+ or under 60 with disabilities.

Phone: For general questions, 704-336-3144

Website: [Find Your Location & Contact Information](#)

Hours: Participants meet Mon-Fri between 9 a.m. and 2 p.m

HOME DELIVERED MEALS

Offered by the Mecklenburg County Health Department. Seniors are eligible for home delivered meals when they are unable to shop and prepare meals for themselves due to health conditions, and they have no reliable support to help them with this task. An eligibility assessment is completed by a caseworker. Interested individuals must call for more information.

Phone: 704-432-1111

Website: [Home Delivered Meals Program](#)

MEALS ON WHEELS

Chapter through Nourish Up of Charlotte. Serves meals delivered to your home Mondays through Fridays from 10 am to 1 pm, except on holidays. If you need meals for the weekend, you can request a weekend 2-meal pack to be delivered on Friday. Serves those who are mobility or ability limited at home and/or those who have chronic illness, cognitive disorders, fall risks, the homebound, etc. Being a senior is not a requirement. Meal costs are on a sliding scale according to income.

Address: 4040 Chesapeake Drive Charlotte, NC 28216

Phone: For help with application, 704-523-4333

Website: [Apply for Meals on Wheels Here](#)

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APPLY FOR EBT (SNAP) BENEFITS

THREE DHHS LOCATIONS

There are three Mecklenburg County Health and Human Services locations. You may apply in person, drop off a completed application, or mail a completed application to any of the three offices.

- Ella B. Scarborough Community Resource Center - 430 Stitt Road, Charlotte, NC 28213
- Valerie C. Woodard Community Resource Center - 3205 Freedom Drive Suite 1000, Charlotte, NC 28208
- Wallace H. Kuralt Center - 301 Billingsley Road, Charlotte, NC 28211

APPLY ONLINE OR BY PHONE

You may apply for EBT (SNAP) benefits online through North Carolina ePass or All Access Point.

Website: [ePass click here](#) or [All Access Point click here](#)

If you would like to complete an application over the phone, please call
Phone: 704-336-3000

INFORMATIONAL RESOURCES

If you still have questions about EBT (SNAP) Benefits, here are some helpful resources.

Websites: [Eligibility Quiz](#)

[What is Electronic Benefits Transfer \(EBT\)?](#)

[More information on card use/issuance](#)

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TRANSPORTATION RESOURCES



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TRANSPORTATION PROVIDERS

CHARLOTTE AREA TRANSIT SYSTEM (CATS)

Is a system of buses in Mecklenburg County that include bus routes from Davidson, Huntersville, and Cornelius including 290 (Davidson), 97 (Cornelius), 99, 63x, 47x (Huntersville), and 77x (North Meck Connector route). They also have buses throughout the rest of Mecklenburg County as well. Many phone/online map apps have a bus option that tell you which buses to ride to your desired location.

Route Schedule lookup: [Charlotte Area Transit System](#)

CATS mobile app: [Download](#)

GREYHOUND BUS STATIONS (FROM CHARLOTTE)

Charlotte has three Greyhound stations to popular destinations around the country. Transportation from North Mecklenburg County to Charlotte is not available via Greyhound. Fares can be cheaper than flying. Station addresses can be found through the methods below.

Phone: 704-372-0456

Website: [Greyhound Bus Stations](#)

AMTRAK TRAINS

Charlotte has one AMTRAK train station that connects the city to popular destinations around the country. Transportation to Charlotte from North Mecklenburg County is not available via AMTRAK. Fares can be cheaper than flying.

Phone: 800-872-7245

Website: [Amtrak Trains](#)

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TRANSPORTATION PROVIDERS

RIDE-SHARE SERVICES

Companies like Uber and Lyft have apps where you can request a ride and see the price before riding as opposed to finding out the price at the end of the ride, like in a metered taxi. You may register at the links below, but It is highly recommended to download the app to request rides. Rides *can* be costly depending on distance but are usually cheaper than taxis.

Uber: [Download the app on your phone's app store](#)

Lyft: [Download the app on your phone's app store.](#)

VETERANS SERVICE TRANSPORTATION BY MTS

Through the Mecklenburg Transportation System, eligible Veterans receive transportation to and from Veterans Affairs hospitals in NC and medical clinics in Charlotte. Please call the number below for more information.

Phone: 704-336-2102

Website: [Veterans Service Transportation by MTS](#)

RURAL GENERAL PUBLIC (RDP) BY MTS

Available to individuals living outside the urbanized area. Door-to-door service is provided within the rural area of Charlotte or passengers may choose to be taken to a local Charlotte Area Transit System (CATS) station to ride. Riders are limited to 40 one-way trips monthly. A passenger fare of \$1.50 per one-way trip is required. Note: all Mecklenburg Transportation System (MTS) programs, except Medicaid Transportation, have limited funding available. As a result, frequencies and types of trips may be adjusted.

Phone: 704-336-4547

Website: [RDP by MTS](#)

36**ELDERLY/DISABLED TRANSPORTATION****CITY OF CHARLOTTE PARATRANSIT**

In accordance with the Americans with Disabilities Act (ADA), CATS offers paratransit services to individuals who, because of a disability (physical, cognitive or visual), cannot access fixed route buses. CATS Paratransit is a pre-scheduled, shared-ride, origin to destination service. Application required.

Mailing Address: 901 North Davidson Street Charlotte, NC 28206

Phone: Eligibility and Application Request 833-656-7699

Website: [City of Charlotte Paratransit](#)

MECKLENBURG TRANSPORTATION SYSTEM (MTS)

Offers several programs including Elderly Disabled Transportation Assistance (EDTAP), Elderly General Purpose (EGP), Medicaid Transportation, Urbanized Area General Purpose (5307), and Senior Citizens Nutrition Congregate (SCNP). It is available to eligible seniors or disabled residents for trips funded through Medicaid.

Phone: 704-336-4547 or Nutrition Congregate 704-336-3144

Website: [Mecklenburg Transportation System](#)

ESSENTIAL TRANSPORTATION PROGRAM (AGE 55+)

Program provided by the Shepherd's Center of Charlotte. Provides free rides to residents of Mecklenburg County ages 55 and above. Participants must be able transfer themselves in and out of the vehicle independently. At this time, the program can walkers, canes, rollators, etc. but not wheelchairs. The program is available based on volunteer driver availability, and rides must be requested at least five business days prior. Contact the program for more information.

Address: 300 Hawthorne Lane, Charlotte, NC 28204

Phone: 704-365-1995

Website: [Essential Transportation Program](#)

37**ELDERLY/DISABLED TRANSPORTATION****LET'S ALL GO! TRAVEL TRAINING**

The Let's All Go! Program, funded by a grant from the Charlotte Area Transit System (CATS), provides each individual with a travel trainer who will teach them how to safely and independently use the Charlotte Area Transit System to reach their desired destination via the public bus (CATS), light rail (LYNX), or streetcar (CityLYNX Gold Line). Note that only CATS serves the North Meck area. This service can be useful for blind/deaf people, for example.

Address: 5801 Executive Center Dr. Suite #101, Charlotte, NC 28212 by appointment only.

Phone: 704-336-3000

Website: [Let's All Go! Program](#)

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CLOTHING ASSISTANCE



39**RESOURCES FOR THOSE SEEKING CLOTHING****FREE STORE @ CRISIS ASSISTANCE MINISTRY**

Offers clothing, shoes, and household items free-of-charge to people in Mecklenburg County. Each household, including multiple families residing at the same address, may visit once every 30 days. You must bring a picture ID of the adult who is shopping and social security documentation for all household members. If you are not registered with the SS Administration, you must provide some form of ID.

Address: 500-A Spratt St. Charlotte, NC 28206

Phone: 704-371-3001

Website: [Free Store @ Crisis Assistance Ministry](#)

LYDIA'S LOFT

Provides clothing free of charge to those in need. A referral is required to become a client. The Ada Jenkins Center, the creator of this guide, is a referral partner. You may call us at 704-896-0471 or email info@adajenkins.org to start the process of receiving a referral.

Address: 14835 N. Old Statesville Rd., Huntersville, NC 28078

Phone: 704-948-7797

Website: [Lydia's Loft](#)

DRESS FOR SUCCESS CHARLOTTE

This agency helps women (only) transition into the workforce by offering them free professional work attire. Career counseling and networking are also offered. Items offered include one new suit for a job interview and a second suit when the client gets the job. Referrals are required, and you can contact the Ada Jenkins Center at 704-896-0471 or email info@adajenkins.org to start the referral process.

Address: 500-A Clanton Road, Charlotte, North Carolina 28217

Phone: 704-525-7706

Website: [Dress for Success Charlotte](#)

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HEALTHCARE



41**APPLYING FOR MEDICAID****START APPLICATION OVER THE PHONE**

Call the main Department of Social Services office and follow the prompts to the Medicaid staff.

Phone: 704-336-3000

Website: [Start Application Over The Phone](#)

ONLINE AT EPASS

ePass is an official government website of the North Carolina Department of Health and Human Services. With an ePass account, you can apply for Medicaid, food stamps (FNS), energy assistance, and more. Scroll on the website below and click on information for medical assistance. Applications in 15+ languages besides English. Paper applications are available to print as well.

Website: [EPASS](#)

IN PERSON AT DEPARTMENT OF SOCIAL SERVICES

Drop off a completed application at a physical location of the Department of Social Services in Mecklenburg County. Fill out and print application on website below. You may also mail the application.

Drop-off Addresses:

Ella B. Scarborough Community Resource Center - 430 Stitt Road, Charlotte, NC 28213

Valerie C. Woodard Community Resource Center - 3205 Freedom Drive Suite 1000, Charlotte, NC 28208

Wallace H. Kuralt Center - 301 Billingsley Road, Charlotte, NC 28211

Website: [Download Application](#)

42**APPLYING FOR MEDICAID****NC NAVIGATOR CONSORTIUM**

Finding coverage for you and your family depends on several factors, such as how much money you make or whether you have a job that offers it. Finding coverage that covers what you need for a cost you can afford can be confusing, but that's why we're here. They have specialists that can help you try and find a plan that fits your specific needs.

Phone: 1-855-733-3711

Website: [NC Navigator](#)

Email: ncnavigatornet@gmail.com

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APPLY FOR MEDICARE

ONLINE

If you are 65 years old or older, you are eligible to apply for Medicare Parts A and/or B. Applications can be done online through the Social Security Administration's website. Note that you may choose to apply for both parts A and B at once, or apply only for part A or part B. Scroll down on the webpage below to find details on both options.

Website: [Medicare](#)

OVER THE PHONE

Call the Social Security Administration during business hours, Monday- Friday, from 7AM - 7PM. You may speak to someone in English, Spanish, or other languages. There is also a teletype writer (TTY) phone number for those who are deaf or hard of hearing.

Phone: +1 800-772-1213

Deaf and hard of hearing line: +1 800-325-0778

IN PERSON AT LOCAL SOCIAL SECURITY OFFICE

Using the link below, you may type in your zip code and locate the nearest Social Security Administration office and their phone number. It is always a good idea to call before visiting to make sure someone is there to help you and you have the necessary documents to apply.

Website: [In Person at Local Social Security Office](#)

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FREE/LOW-COST MEDICAL CLINICS

COOK COMMUNITY CLINIC

Serves people who don't have insurance and the homeless by providing medical and dental care. Part of the Cook Community Clinic and conveniently located for North Mecklenburg County residents. Find information on eligibility at the link below.

Address: 14230 Hunters Road, Huntersville, NC 28078

Phone: 704-316-6611

Website: Eligibility/Start: [Cook Community Clinic](#)

MATTHEWS FREE MEDICAL CLINIC - MATTHEWS

Serves people who do not have Medicaid (Family Planning Medicaid does not disqualify), Medicare, VA, Marketplace insurance, or private insurance. Patients must also fall in the age requirement and the Federal Poverty Guidelines of the current year. Becoming a patient requires an application that can be completed at the link below.

Address: 196 S. Trade St., Matthews, NC 28105

Website: [Matthews Free Medical Clinic](#)

Phone: 704-841-8882

ATRIUM HEALTH CARE EVERYWHERE

A mobile van that has two different locations in Huntersville, N.C. that has a wide variety of services. Offers treatment for short-term health problems, like the flu and strep throat, long-lasting diseases, like diabetes, high blood pressure, heart disease and arthritis, and minor injuries, like sprains and cuts. Services are not free but low-income patients may qualify for Atrium's financial assistance program. Call to schedule an appointment.

Address: View website

Phone: 704-468-0135

Website: [Care Everywhere](#)

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FREE/LOW-COST MEDICAL CLINICS

C.W. WILLIAMS COMMUNITY HEALTH CENTER

Offers services for the uninsured on a sliding scale and those insured with Medicare, Medicaid, or private plans. Services include medical care, dentistry, mental health services, substance use disorder services, and HIV specialty care. They also offer case management and transportation to appointments among other things.

Address: [View locations](#)

Phone: 866-299-4968

Website: [CW Williams Clinic](#)

CHARLOTTE COMMUNITY HEALTH CLINIC - UNIVERSITY

Offers medical and behavioral health care to Medicaid and Medicare patients, the uninsured, and those with private insurance plans. Dental care is offered at a separate address.

Address: 8401 Medical Plaza Dr., Suite 300, Charlotte

Phone: 704-316-6561

Website: [English Website](#) o [Sitio Web en Español](#)

CHARLOTTE COMMUNITY HEALTH CLINIC - WEST

Offers medical and behavioral health care to Medicaid and Medicare patients, the uninsured, and those with private insurance plans. Dental care is offered at a separate address.

Address: 5301 Wilkinson Blvd., Charlotte, NC 28208 (Westerly Hills, West Charlotte area near airport)

Phone: 704-316-6561

Website: [English Website](#) o [Sitio Web en Español](#)

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FREE/LOW-COST MEDICAL CLINICS

HOPE COMMUNITY CLINIC OF EAST CHARLOTTE

Offers medical and counseling services to the uninsured and the underinsured. Services are available by application for medical care and waitlist for counseling. Please call or check the website to see if the clinic is accepting new patients.

Phone: 704-910-5810

Website: [Hope Community Clinic of East Charlotte](#)

HEARTBRIGHT FOUNDATION CARDIAC CLINIC

A free chronic care clinic that focuses on the treatment, management, and prevention of cardiovascular disease, diabetes and hypertension. The organization's webpage is not current so please call for more information.

Phone: 704-373-3002

CARE RING LOW-COST CLINIC

Offers a variety of services for anyone. There is no income or residence requirement, nor an application process to become a patient. Visits are low cost and lab tests are additional charges. Insurance of any kind is not accepted. If you cannot afford the costs, Care Ring offers a program called "Physicians Reach Out (PRO)" that does have eligibility requirements.

Address: 601 E. 5th Street, Suite 140, Charlotte, NC 28202

Phone: 704-375-0172

Website: [Care Ring Low-Cost Clinic](#)

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FREE/LOW-COST DENTISTRY CLINICS

CPCC DENTAL CLINIC

Costs \$35 for each of the following services: x-rays, oral prophylaxis (plaque and tartar removal), non-surgical periodontal therapy, coronal polishing, fluoride treatment, and arid sealants. Provided by the dental hygienists in training at Central Piedmont Community College. Not meant to replace going to the dentist.

Address: 1335 Elizabeth Ave., Charlotte, NC 28204

Phone: 704-330-6704

Website: [CPCC Dental Clinic](#)

AGAPE DENTAL MINISTRY

Provides free dental care to the underserved residents ages 18+ of Mecklenburg County. Because of gratitude toward the men and women who serve our country, they also see all military veterans and their spouses regardless of income or residency. There are income requirements for eligibility. Call for appointments.

Address: 7839 Idlewild Rd., Charlotte, NC 28212

Phone: 704-778-1204

Website: [Agape Dental Ministry](#)

C.W. WILLIAMS DENTAL CLINIC

Dental clinic equipped to handle a wide range of dental issues at affordable prices. Dental services are not free, but C.W. accepts Medicaid and provides services to those who do not have insurance coverage. They offer a sliding fee scale for those without insurance that is based on household income. The clinic is open to the public, but appointments are required.

Address: See website for locations.

Phone: 866-299-4968

Website: [CW Williams Dental Clinic](#)

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FREE/LOW-COST DENTISTRY CLINICS

CHARLOTTE COMMUNITY HEALTH CLINIC WEST

Provides routine cleanings and dental exams. Sliding scale available. Must apply for financial screening with CCHC for sliding scale and to be a patient at CCHC. Accepts Medicaid and some private insurance plans as well.

Address: 5301 Wilkinson Blvd, Charlotte, NC 28208 Inside Goodwill Opportunity Campus

Phone: 704-384-1523

Website: [CCHC Dental](#)

AFFORDABLE DENTURES SERVICES

A national company that offers affordable dentures, dental care, implants, and more through financing, Medicaid, and private major dental insurance plans. Visit their website for more information on paying for dentures and becoming a patient. [Find the location closest to you.](#)

Phone: 1-855-554-1498

Website: [Affordable Dentures Services](#)

MECKDENTAL FOR CHILDREN 1-17

Creates smiles by promoting proper brushing and flossing and comprehensive dental treatment for uninsured and underinsured children ages 1-17. Patients must show proof of residence and income verification at registration. Hours of operations and forms are (available in English and Spanish) at the link below. Appointments are required.

Address: 1801 Rozzelles Ferry Rd, Charlotte, NC 28208

Phone: 980-314-9600

Website: [Meckdental for Children 1-17](#)

Email: Dental@MeckNC.gov

49**FREE/LOW-COST DENTISTRY CLINICS****ATRIUM HEALTH DENTAL CLINIC**

A facility of Carolinas Medical Center. Some Atrium Health patients who demonstrate need may qualify for financial assistance after services. You may call the price estimation hotline at 704-355-0900 and find info about financial assistance from Atrium Health by [clicking here](#).

Address: 1000 Blythe Blvd. Annex Building 2nd Floor, Charlotte, NC 28203

Phone: 704-355-2165

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FREE OR LOW-COST MEDICINE PROGRAMS

NC MED ASSIST

Provides medications to residents in all 100 counties of North Carolina. No matter where you are, this organization will help with medications if you do not have insurance and fall below 300% of the national poverty level. They can help those with Medicaid on a limited basis. They also offer free over-the-counter (OTC) meds.

Phone: 866-331-1348

Website: [NC Med Assist](#)

Email: info@medassist.org

WALMART \$4 PROGRAM

A list of generic medications available for purchase at heavily discounted prices. Prices start at \$4 for 30-day prescriptions, and \$10 for 90-day supplies, with no insurance necessary to save.

For more information and a list of included prescriptions, visit [Walmart \\$4 Program](#).

NC 2-1-1 HELP STARTS HERE

If you are having trouble finding a medicine program or need more specific help, NC 2-1-1 call specialists are available 24 hours a day, 7 days a week. The call is free, confidential, and available in any language. The phone line is a general inquiry line that can connect you to the resources you need most.

Phone: 2-1-1 or 888-892-1162

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FREE OR LOW-COST MEDICINE PROGRAMS

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

A program sponsored by drug companies, doctors, patient advocacy organizations, and civic groups. It helps low-income, uninsured patients get free or low-cost, brand-name medications directly from the pharmaceutical company.

Contact your doctor's office to see if they participate in the program.

Note that Medicaid Insurance may also assist with prescription medication costs.

52 STI RESOURCES

STI TESTING THROUGH HEALTH DEPARTMENT

If you think you may have an STI, or want a routine test, etc., the Mecklenburg County Public Health Department offers free, confidential testing services. Call the counseling number if you have questions about testing or call the second number to make an appointment. Visit the website below for locations.

Phone: Counselor 704-432-TEST (8378) or Appointments 704-336-6500

Website: [STI Testing Through Health Department](#)

Email: Health@MeckNC.gov

STI TREATMENT THROUGH HEALTH DEPARTMENT

If you test positive for an STI, the Mecklenburg County Public Health Department offers free treatment. If you did not test with the health department, call to speak to a counselor about your positive results to discuss your options. If you did test with them, call 704-336-6500 to make a clinic appointment.

For detailed information about positive results and next steps, please visit [STI Treatment Through Health Department](#)

HAVE MORE QUESTIONS ABOUT STIs?

When you have questions about sexually transmitted infections, it's important to get accurate information. Visit the link below for trustworthy information from the Centers for Disease Control (CDC).

Website: [Centers for Disease Control](#)

53 HIV/AIDS SERVICES

CAROLINA RAIN

Provides a plethora of services to those with HIV/AIDS or those who want to get tested, including Early Intervention Services, HIV/STI Testing, PrEP Program (Pre-Exposure Prophylaxis), EASE program, Awareness & Prevention Education, and Mobile Testing. They also provide The Drop program, a support group for men who have sex with men, and The Havens program which provides housing to homeless living with HIV or other disabilities. Visit the website for more info.

Website: [Carolina Rain](#)

CAROLINA RAIN EASE PROGRAM

EASE stands for Enhancing wellness through Affirming Services and Education. Helps individuals decide if they are ready for HIV/AIDS treatment through a holistic wellness program that focuses on harm reduction based one-on-one counseling, group support and substance use treatment. Request more information at the link below.

Website: [Carolina Rain Ease Program](#)

ASSISTANCE PAYING FOR PrEP

PrEP, or pre-exposure prophylaxis, is a medication that can reduce your risk of getting HIV from sex. Co-pay assistance programs can help lower the cost, including Gilead's (the maker of PrEP) Patient Assistance Program and the Patient Advocate Foundation Co-Pay Relief Program.

Phone: +1-800-226-2056

Website: [Advancing Access Program](#)

54 HIV/AIDS SERVICES

POWERHOUSE PROJECT 2.0

A drop-in center for young men of color who have sex with men. Provides clients a safe, non-judgmental space to access HIV prevention and education services as well as essential support services. Provides services like HIV/STI testing, PrEP services, resume building resources, meeting spaces, informational videos, and more. For more information, call or visit the website below.

Phone: 704-461-0489

Website: [Powerhouse Project 2.0](#)

DO YOU HAVE QUESTIONS ABOUT HIV?

When you have questions about HIV/AIDS, it's important to get accurate information. Visit the link below for trustworthy information from the Centers for Disease Control (CDC).

Website: [Centers for Disease Control](#)

55**MEDICAL EQUIPMENT****ASSIST ME**

Redistributes donated, gently used medical equipment and gifts it to low income, uninsured patients in the community. Assist M.E. gets wheelchairs, bedside commodes, walkers, shower chairs and other medical equipment from individual donors and organizations.

Address: Atrium Myers Park Clinic 1350 S Kings Dr., Charlotte, NC 28207

Phone: 704-659-1123

Website: [Assist Me NC](#)

Email: receptionist@assistmenc.com

If are looking for equipment to make your home more accessible, please see the “Elderly/Special Needs Home Repairs” section on [page 15](#).

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PREGNANCY HEALTHCARE RESOURCES AND PREGNANCY COUNSELING



57**APPLYING FOR PREGNANCY MEDICAID****PREGNANCY MEDICAID**

Coverage is limited to services or treatment for conditions that affect the pregnancy. If a pregnant person is covered by Medicaid, the newborn child is automatically eligible for Medicaid up to age one. There are three ways to apply (one application works for Medicaid and Health Choice). Apply the following ways:

APPLY ONLINE AT EPASS

ePass is an official government website of the North Carolina Department of Health and Human Services. With an ePass account, you can apply for Medicaid, food stamps (FNS), energy assistance, and more. Scroll on the website below and click on information for medical assistance. Applications in 15+ languages besides English. Paper applications are available to print as well.

Website: [ePass](#)

APPLY IN PERSON AT DEPARTMENT OF SOCIAL SERVICES

Drop off a completed application at a physical location of the Department of Social Services in Mecklenburg County. Fill out and print application on website below. You may also mail the application.

Drop-off Addresses:

Ella B. Scarborough Community Resource Center - 430 Stitt Road, Charlotte, NC 28213

Valerie C. Woodard Community Resource Center - 3205 Freedom Drive Suite 1000, Charlotte, NC 28208

Wallace H. Kuralt Center - 301 Billingsley Road, Charlotte, NC 28211

Website: [Department of Social Services - Apply](#)

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PREGNANCY HEALTHCARE & COUNSELING

PLANNED PARENTHOOD CLINIC

Provides a wide variety of healthcare services and pregnancy monitoring. For a full list of services, visit the website below. Visit P.P. with or without insurance. Book appointment by phone or online.

Address: 700 South Torrence Street, Charlotte, NC 28204

Phone: 704-536-7233

Website: [Planned Parenthood](#)

NURSE-FAMILY PARTNERSHIP BY CARE RING

Partners first-time mothers with a personal nurse that gives support, advice, and information during and after pregnancy. You are eligible if you are pregnant and meet income requirements. If you qualify for Medicare or WIC, you are eligible. Call for more info or fill out the linked referral form below.

Phone: 704-943-9740 in English or en Español 704-943-9747

Website: [Care Ring](#)

COUNTY DHHS FAMILY PLANNING CLINIC

Provides services aimed at reducing unintended pregnancies, reproductive health services, and improving selected health practices among low-income families. Serves the uninsured on a sliding fee scale. Insurance is accepted but not required. Find the locations online at the link below. Appointment required.

Phone: 704-336-6500

Website: [Family Planning Services](#)

Email: Health@MeckNC.gov

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PREGNANCY HEALTHCARE & COUNSELING

MATERNITY PROGRAM AT CRITTENTON

A residential program helping at-risk pregnant girls and women who are living in crisis, and in need of a healthy and safe environment. We support women of any age throughout their pregnancy and up to delivery of their baby, ensuring they receive vital prenatal care and parenting education. Support is also provided after exiting the program. There are specific eligibility requirements.

Phone: 704-372-4663

Website: [Maternity Program at Crittenton](#)

Email: Admissions Coordinator - abejenari@crittentonofnc.org

DRIVE TO THRIVE WOMEN'S MOBILE CARE

A mobile care unit by Atrium Health. Offers ultrasounds, postpartum visits, and first-time prenatal visits. There is also a social worker on site to make other referrals. Visit the website to find a location and time near you. If you can't pay, they can help. Call to schedule an appointment.

Address: Visit website

Phone: 704-468-0137

Website: [DTT Mobile Care](#)

CENTERING PREGNANCY

Offered by the Myers Park Atrium Health OB/GYN office. By joining, you will attend sessions with a small group of pregnant women due around the same time as you. In addition to individual prenatal assessments, you'll have personalized support, education and resources throughout your pregnancy.

Phone: 704-446-1544

Website: [Centering Pregnancy Care & Support Group](#)

60**PREGNANCY HEALTHCARE & COUNSELING****CAROLINA ABORTION FUND (CAF)**

If you have decided on pregnancy termination, CAF offers help navigating the process. They offer financial assistance, lodging, provider referrals, gas money, transit (local), transit (long-distance), emotional support, language services, child care assistance, abortion doula services, judicial bypass support, and Spanish language support. The CAF itself is not a clinic. Rather, they connect you to clinics.

Phone: 855-518-4603

Website: [Carolina Abortion Fund](#)

6 1**CHRISTIAN PREGNANCY HEALTHCARE AND COUNSELING****THE PREGNANCY RESOURCE CENTER OF CHARLOTTE**

Provides Christian-based support to those experiencing unplanned pregnancy. PRC offers hassle-free pregnancy testing and counseling at no cost to you in a convenient & confidential atmosphere. The organization does not recommend or refer for abortions or abortifacients (medicines for abortion).

Address: 505 East 4th Street, Charlotte, NC 28204

Phone: 704-980-0226

Website: [Pregnancy Resource Center of Charlotte](https://www.pregnancyresourcecenter.org/)

CATHOLIC CHARITIES DIOCESE PREGNANCY SUPPORT

Offers pregnancy support for those facing an unexpected pregnancy through experienced social workers. They offer free confidential counseling, services for expectant mothers and fathers, traditional, semi-open or fully identified adoptions, assessments for referrals for medical, housing and financial needs, and post-delivery counseling.

Phone: 704-370-3262

Email: ccdodoc@ccdodoc.org

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POSTPARTUM AND NEWBORN RESOURCES



63**POSTPARTUM CARE****NURSE-FAMILY PARTNERSHIP BY CARE RING**

Partners first-time mothers with a personal nurse that gives support, advice, and Information during and after pregnancy. You are eligible if you are pregnant and meet income requirements. If you qualify for Medicare or WIC, you are eligible. Call for more info or fill out the linked referral form below.

Phone: 704-943-9740 in English o en Español 704-943-9747

Website: [Nurse-Family Partnership by Care Ring](#)

WOMEN'S TRANSITIONAL HEALTHCARE

Focuses on treating and educating our clients and their families about Perinatal mood disorders, postpartum psychosis, PMDD, and other related mental health concerns. We work with our patients to create a comprehensive treatment plan that includes coordinating care with other clinicians and community support.

Address: 1977 J N Pease Pl Ste 203, Charlotte, NC 28262

Phone: 704-817-8230

Website: [Women's Transitional Healthcare](#)

64 FREE BABY ITEMS

DIAPER BANK OF CHARLOTTE

Offers free diapers to families in need by distributing diapers at select food banks in the Charlotte area. Please visit the website linked below and scroll down to view the three different locations and hours. Referrals are not required for diapers, but are required to receive food.

Phone: 980-900-7364

Website: [Diaper Bank Counties & Locations](#)

SAFE KIDS OF CHARLOTTE-MECKLENBURG

Led by Atrium Health. Offers a free child car seat instillation service to ensure your child is protected in their car seat in the event of an accident. Please note that the program does **not** provide the car seat. Instead, you bring your car, car seat, and child to the event to get it installed properly. To find out when the next car seat instillation event is, scroll down to the event calendar on the website linked below.

Website: [Safe Kids Charlotte Mecklenburg](#)

Email: janice.williams@atriumhealth.org

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CHILDCARE



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CHILDCARE

CORNELIUS EARLY SCHOLARS

A nonprofit scholarship Christian preschool. As of June 2024, Cornelius Early Scholars is currently offering 3 and 4 year old classes Monday-Thursday from 9-1. Lunch is provided. Tuition fees range from \$275 to \$295 a month, but there are scholarship resources available to make it more affordable if needed. Applications are required and can be requested on the website.

Phone: 704-301-6851

Website: [Cornelius Early Scholars](#)

Email: CorneliusEarlyScholars@gmail.com

LA ESCUELITA BILINGUAL PRESCHOOL

Located inside the Ada Jenkins Center. LA ESCUELITA, or "little school," is a bilingual, science-based preschool for 3/4 year olds. We play an important role in closing the achievement gap for Spanish-speaking children in the Lake Norman area. For more information about enrollment and costs, you must visit the website below and fill out the contact form.

Website: [La Escuelita Enrollment](#)

DAVIDSON-CORNELIUS CHILD DEVELOPMENT CENTER

A preschool program serving children 6 weeks to five years old. Using a "Learning Through Play" approach, we make learning and growing fun! Through a scholarship fund, the center offers sliding-scale tuition fees for eligible children. There is a waitlist for enrollment, but priority is given to scholarship families should a spot open. Call or email for more information today.

Phone: 704-892-1228

Website: [Davidson-Cornelius Child Development Center](#)

Email: operations@dc-childcare.org

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CHILDCARE

CHILD CARE RESOURCES INC

Child Care Resources Inc. is a private, non-profit child care resource and referral (CCR&R) agency that works with families and communities. They also offer childcare financial aid to those who are eligible. There is an application process for the funds. They also offer a search function for childcare.

Phone: 704-376-6697

Website: [CCRI Website](#)

Email: mailbox@childcareresourcesinc.org

PRESCHOOL OPTIONS IN MECKLENBURG COUNTY

In Mecklenburg County, there are three options for public preschool: Meck Pre-K, Bright Beginnings, and NC Pre-K. Visit the website below and scroll down to see a descriptive chart of eligibility requirements for each program. Bright Beginnings is offered through CMS, while the other two are in childcare development centers.

Website: [Public Preschool Options](#)

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MENTAL HEALTH RESOURCES



69**GENERAL MENTAL CRISIS & EMERGENCY HELPLINES*****NATIONAL SUICIDE PREVENTION HOTLINE**

If you or someone you know is thinking about suicide or would like emotional support, dial 988. The National Suicide Prevention Hotline is free, confidential, and available 24/7. You may call 988, text 988, or visit the website below and chat with mental health professional. Anyone can use this service.

Hours: 24/7

Phone: 1-800-273-8255 (English) or just dial 988

1-888-628-9454 (Español) o marque 988 y presione 2

Website: [National Suicide Prevention Hotline](#)

**ATRIUM BEHAVIORAL HEALTH (PSYCHIATRIC EMERGENCY
24 HOUR HELP LINE)**

Atrium Health, a major healthcare provider in our region, offers this support line. Atrium Behavioral Health Center has a dedicated psychiatric emergency department in the region and provides inpatient and outpatient services. The center is staffed 24 hours a day, seven days a week.

Phone: 704-444-2400

MOBILE CRISIS TEAM FOR MECKLENBURG COUNTY

Certified mental health clinicians available 24/7 to assist with de-escalation, crisis intervention for mental health and substance use. There is no fee for this service within the county. **Anyone in Mecklenburg County can use this service.**

Phone: For **immediate crisis support**, dial 704-566-3410 and Select Option 1.

70**GENERAL MENTAL CRISIS & EMERGENCY HELPLINES*****ALLIANCE HEALTH BEHAVIORAL HEALTH CRISIS LINE**

If you are thinking of hurting yourself or others, or are in emotional or mental pain or distress, call the Behavioral Health Crisis Line. You can speak with someone who will listen and help, 24/7. This is a free call. Anyone can use this service.

Hours: 24/7

Phone: 877-223-4617

Website: [Alliance Health Behavioral Health Crisis Line](#)

***If you are in immediate danger, call 911 and ask for a “CIT-Trained Officer”. Notify the operator that it is a psychiatric emergency.**

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LGBTQ+ SPECIFIC MENTAL CRISIS & EMERGENCY HELPLINES**

TRANS LIFELINE

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. They do not define what a crisis is, and you don't need to be in crisis to call.

Hours: 1 PM – 9 PM Eastern, Monday-Friday

Phone: (877) 565-8860

Oprime 2 para hablar con alguien en español.

Website: [Trans Lifeline](https://www.translifeline.org)

THE TREVOR PROJECT SUICIDE HOTLINE

For LGBTQ+ youth in crisis. If you are thinking about harming yourself – get immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. Connect to a trained counselor who understands the challenges LGBTQ young people face. Contact information below:

Call: 1-866-488-7386

Text (on mobile device): Text 'START' to 678-678

Online Chat (on computer): scroll to the middle of this link: [The Trevor Project Suicide Hotline](https://www.thetrevorproject.org/suicide-hotline)

SAGE LGBT ELDER HOTLINE

Talk and be heard at the SAGE LGBT Elder Hotline. Connects LGBT older people with friendly responders. For LGBT elders and caretakers. Confidential support and crisis response, available 24/7.

Phone: 1-877-360-LGBT (5428)

***If you are in immediate danger, call 911 and ask for a "CIT-Trained Officer". Notify the operator that it is a psychiatric emergency.**

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BIPOC+ SPECIFIC MENTAL CRISIS & EMERGENCY HELPLINES*

BLACKLINE

A 24-hour hotline geared towards the Black, Black LGBTQI, Brown, Native and Muslim community. However, no one will be turned away from the Hotline. Provides a space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folxs who are most impacted by systematic oppression.

Hours: 24 hours a day

Phone: 1 (800) 604-5841

Website: [Blackline](#)

DEQH

A helpline for Desi, or South Asian, LBTQ+ people of South Asian heritage, including Afghanistan, Bangladesh, Bhutan, Burma, India, the Maldives, Nepal, Pakistan, Sri Lanka, and Tibet, as well as from South Asian communities in diaspora, such as Fiji and the Caribbean. Hours: Thursdays, 8-10 PM Eastern (5-7 PM Pacific) and Sundays, 8-10 PM Eastern (5-7 PM Pacific)

Phone: 908-367-3374, if unanswered leave a message and request a call back.

Website: [DEQH](#)

***If you are in immediate danger, call 911 and ask for a “CIT-Trained Officer”. Notify the operator that it is a psychiatric emergency.**

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UNITED STATES MILITARY CRISIS SUPPORT*

VETERAN CRISIS LINE

If you are currently in the United States Armed Forces or a Veteran and you are having a mental health emergency, you can call the National Suicide Prevention Hotline at 9-8-8 and press 1. This will connect you to an experienced responder. You may also call if you are concerned for someone (past or present) in the service, or if you are a family member in distress. You can call, text, or chat online.

Hours: 24 hours a day

Phone: 9-8-8 or Text 838255 or if you have hearing loss If you have hearing loss, TTY: 800-799-4889.

Website: [Veteran Crisis Line](#)

SUICIDE PREVENTION AFTER CRISIS

The U.S. Department of Veterans Affairs (VA) has compiled a list of resources to prevent suicide and facilitate ongoing support. Visit the link below for more about what the VA offers.

Website: [Suicide Prevention After Crisis](#)

***If you are in immediate danger, call 911 and ask for a “CIT-Trained Officer”. Notify the operator that it is a psychiatric emergency.**

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FIND MENTAL HEALTH COUNSELING



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LOCAL COUNSELING PRACTICES

FREE COUNSELING - MHA OF THE CENTRAL CAROLINAS

Mental Health of America offers free counseling services for uninsured/underinsured individuals ages 8 and older, families, and couples in Mecklenburg and Cabarrus Counties. There are long and short-term therapy options. Availability varies by time of year. Call or email to make an appointment.

Phone: 704-565-3315

Website: [Free Counseling - MHA of The Central Carolinas](#)

Email: referrals@mhaofcc.org

THE GENESIS PROJECT

Works with families, as a total unit, to provide individual and collective services such as counseling, structured groups, exposure events, and in-home meetings, with the goal of empowerment, family growth and success. They primarily work with families in crisis.

Address: 5104 Reagan Dr Ste 5, Charlotte, NC

Phone: 704-596-0505

Website: [The Genesis Project](#)

BE WELL THERAPY

Focuses on individualized clinical treatment that addresses healing & curing the underlying causes of depression, anxiety, child behavior problems, substance abuse, physical & sexual abuse, ADHD, bipolar disorder, PTSD, stress, adjustment to medical illness, financial burdens and much more. Accepts Medicare, Medicaid, most private insurances, and sliding scale fees based on income.

Addresses: 1935 J N Pease Pl STE 202, Charlotte, NC 28262

Phone: 704-334-3170

Website: [Be Well Therapy](#)

81**LOCAL COUNSELING PRACTICES****FAMILY FIRST COMMUNITY SERVICES**

Offers an array of community behavioral health and substance abuse services to children, adolescents, and adults with emotional, behavioral, and/or substance abuse challenges. Provides individual, group, and family therapy. Accept Medicaid, Blue Cross Blue Shield, Aetna, and United Healthcare. They do not accept uninsured patients nor patients with Medicaid and Medicare, even if the Medicare is secondary.

Address: 3705 Latrobe Drive Suite 340, Charlotte, NC 28211

Phone: 704-364-3989

Website: [Family First Community Services](#)

PRESBY PSYCH

Is a full-service nonprofit mental health counseling center. Inclusive, welcoming people of all ages, genders, races, ethnicities, faiths and sexual orientations. Accepts most insurance and offer sliding-scale fees based on income. They also offer a low-fee therapy program if sliding-scale costs are unaffordable to a patient. Visit the website to view locations.

Phone: 704-554-9900

Website: [Presby Psych](#)

GENESIS A NEW BEGINNING COUNSELING SERVICES

Offers therapy through a Christian lens. Offers a variety of services including marriage and family counseling, anger management, treatment for depression, anxiety, and PTSD, group therapy, sex offender relapse prevention therapy, and more. Accepts Blue Cross Blue Shield and Medicaid. Uninsured individuals seeking treatment

Addresses: Locations

Phone: 704-944-3128

Website: [Genesis ANB](#)

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LOCAL COUNSELING PRACTICES

FACTS INITIATIVE

Offers counseling services for children, adolescents, young adults, couples, and families. Offers support for Trauma/PTSD, Depression, School Behaviors, Depression, and more. Visit the website for a full list of focus areas. Offers sliding scale payment options and accepts private insurance. Call to see if they can accept Medicaid yet.

Address: 229 South Brevard St, Charlotte, NC

Phone: 704-268-9642

Website: [Facts Initiative](#)

WOMEN'S TRANSITIONAL HEALTHCARE

Focuses on treating and educating our clients and their families about Perinatal mood disorders, postpartum psychosis, PMDD, and other related mental health concerns. We work with our patients to create a comprehensive treatment plan that includes coordinating care with other clinicians and community support.

Address: 1977 J N Pease Pl Ste 203, Charlotte, NC 28262

Phone: 704-817-8230

Website: [Women's Transitional Healthcare](#)

NATIONAL ALLIANCE ON MENTAL ILLNESS CHARLOTTE

Provide free mental health education and free in-person/online support groups for various mental health related topics. To see NAMI's support group topics, visit the link below. You may also call if you have questions.

Phone: 704-705-7004

Website: [National Alliance on Mental Illness Charlotte](#)

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LOCAL LGBTQ+ COUNSELING PRACTICES**TIME OUT YOUTH**

Time Out Youth Center offers support, advocacy, and opportunities for personal development and social interaction to lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) youth ages 13-24. They offer spaces for peer support, and substance, individual, and couples counseling. They also offer emergency financial assistance.

Address: 3800 Monroe Rd, Charlotte, NC 28205

Phone: 704-344-8335

Website: [Time Out Youth - What We Do](#)

TRANSCEND CHARLOTTE

Provides free and/or low-cost mental health, social support and education services to trans and gender-expansive folks (ages 18±) in Mecklenburg, and the adjoining counties in North and South Carolina.

Address: 5855 Executive Center Drive, Suite 200, Charlotte, NC

Phone: 704-817-8230

Website: [Transcend Charlotte - What We Do](#)

PROJECT UPLIFT

Provides young LGBTQ+ adults (age 18-35) with brief intensive case management services connecting them to resources such as: peer support services and educational needs. The case manager can also assist with on-the-job training, housing, medical care, and legal concerns. Project Uplift also provides counseling for mental health, substance use, and trauma services are provided free of charge regardless of insurance status.

Website: [Project Uplift - Mecklenburg County Government](#)

Email: CSSCommunications@MecklenburgCountyNC.gov

84**PROVIDER SEARCH DATABASES****PSYCHOLOGY TODAY**

Offers a search portal where you can search mental health providers by zip code and then filter by issue, language, insurance/sliding scale, and more. You may search for therapists, psychiatrists, treatment centers, or support groups in our area. You can also find a plethora of providers who offer telehealth services, which opens your options to providers anywhere in North Carolina.

Website: [Psychology Today](#)

MINDPATH

A large healthcare organization in the Southeast that specializes in mind/mental and brain conditions. To use the search tool, select North Carolina and enter your zip code. You can find both therapists and medication management professionals. You may also select in office or telehealth visits.

Website: [MindPath](#)

ATRIUM BEHAVIORAL HEALTH SEARCH

Atrium Health, a popular healthcare system in our region, offers a provider search. This search comprises mostly psychiatry providers instead of therapists. Atrium has a number of offices in Davidson, Cornelius and Huntersville. You may search providers by day that they are available.

Website: [Atrium Behavioral Health Search](#)

85**PEER COUNSELING RESOURCES****PROMISE RESOURCE NETWORK (PRN)**

Offers peer support whether you are interested in exploring recovery, harm reduction, looking for a job, housing, or support through a mental health crisis. PRN has many different services for these needs, so please explore them on their website linked below. They also offer a warmline, a 24/7 peer staffed phone line which offers confidential and emotional support, problem solving, and resources to North Carolina Residents.

Phone: Office 704-390-7709

24/7 Warmline 833-390-7728

Website: [Promise Resource Network](#)

SOLIDSHE

Is a nonprofit organization dedicated to promoting mental wellness for teenage girls and women, through advocacy, education and service. We aim to target the stigma that surrounds mental illness and inspire good mental health for women and teen girls.

Phone: 704-755-5226

Website: [SolidShe](#)

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DOMESTIC VIOLENCE RESOURCES



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EMERGENCY DOMESTIC VIOLENCE SERVICES

SAFE ALLIANCE NC

Provides a continuum of critical crisis services to those impacted by domestic violence, sexual assault, and child abuse, including: safety planning, crisis management, case management, systems advocacy, and support groups for adults and children. They serve North Mecklenburg County at their Lake Norman Community office in Cornelius, NC.

Address: 19901 W. Catawba Ave., Suite 203, Cornelius, NC 28031

Phone: Office - 704-655-8745 (helpline number under this entry)

Website: [Safe Alliance NC](#)

24/7 GREATER CHARLOTTE HOPE LINE BY SAFEALLIANCE

Serves North Mecklenburg County. This lifeline is for survivors of domestic violence and sexual assault as well parents in need of support. This free resource is confidential, safe, and staffed by highly trained advocates who have the knowledge and empathy necessary to help those who call. The lifeline can offer important resources for survival.

Hours: 24/7

Phone: 980-771-4673

MECKLENBURG COUNTY CSS ADULT SUPPORT & THERAPY

Confidential individual and group therapy adults experiencing domestic violence. Licensed therapists provide domestic violence counseling, case management, and personal advocacy in a non-judgmental, safe environment. Services available in Spanish (Programa Confianza) and other languages with interpreters. Provided by the Mecklenburg County Community Support Services. Email for more information.

Address: Business Office - Valerie C. Woodard Center 3205 Freedom Drive, Suite 2000 Charlotte, NC 28208

Website: [Mecklenburg County CSS Adult Support & Therapy](#)

Email: CSS@MeckNC.gov

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CHILDREN'S EMERGENCY DOMESTIC VIOLENCE SERVICES

SAFE ALLIANCE NC

Provides a continuum of critical crisis services to those impacted by domestic violence, sexual assault, and child abuse, including: safety planning, crisis management, case management, systems advocacy, and support groups for adults and children. They serve North Mecklenburg County at their Lake Norman Community office in Cornelius, NC.

Address: 19901 W. Catawba Ave., Suite 203, Cornelius, NC 28031

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Hours: 24/7

Phone: 980-771-4673

NATIONAL TEEN DATING ABUSE HELPLINE

A project of the National Domestic Violence Hotline, Love is Respect, offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. Services operate 24/7. You may call, SMS text, or chat on a computer via the website.

Phone: Call 866-331-9474

Text "LOVEIS" to 22522

Website: Chat online at [National Teen Dating Abuse Helpline](#)

89**CHILDREN'S EMERGENCY DOMESTIC VIOLENCE SERVICES****MECKLENBURG COUNTY CSS CHILDREN SUPPORT & THERAPY**

Licensed therapists are here to provide support and education to children and youth affected by domestic violence and dating abuse in a non-judgmental, safe environment. *These appointments must be scheduled, so this can only be used once you sign-up.

Address: Business Office - Valerie C. Woodard Center 3205 Freedom Drive, Suite 2000 Charlotte, NC 28208

Website: [Mecklenburg County CSS Children Support Therapy](#)

Email: CSS@MeckNC.gov

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SUBSTANCE ABUSE TREATMENT RESOURCES



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SUBSTANCE ABUSE RESOURCES

METROLINA INTERGROUP ASSOCIATION

Provides in-person and telephone Alcoholics Anonymous meetings, support, and information on a variety of topics related to recovery. They also offer a 24-hour hotline. For more specific information on their services and getting started, call or visit the website below.

Phone: Office 704-377-0244 or 24-hour hotline 704-332-4387

Website: [Metrolina Intergroup Association](https://www.metrolina.org/)

Email: info@charlotteaa.org

THE CAROLINA REGION OF NARCOTICS ANONYMOUS (CRNA)

A large organization that serves the Carolinas. Provides NA meetings. It provides, coordinates, and develops services on behalf of members. To find a meeting near you, visit the website below or call/text the number. To email them, visit the contact form below. Note that you can show up to a meeting without contacting anyone. Meetings are available in North Mecklenburg County.

Phone: 855-613-2762

Website: [Meetings Near Me](https://www.meetingsnearme.com/) or [Contact Form](https://www.crna.org/contact)

NORTH CAROLINA HARM REDUCTION COALITION

NCHRC is a grassroots harm reduction organization with services including but not limited to Testing for HIV and Hepatitis C counseling, rapid testing, confirmatory, and referral services, jail-based programming, safer sex work education, and referrals to drug treatment/detox, health services, mental health services, sexual assault, and DV support agencies, Hep C treatment, and HIV health services. Services vary by county. Call or visit the website to find out what is available in northern Mecklenburg County.

Phone: 336-543-8050

Website: [North Carolina Harm Reduction Coalition](https://www.nchrc.org/)

Email: Executive.Director@nchrc.org

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SUBSTANCE ABUSE RESOURCES

MOBILE CRISIS TEAM FOR MECKLENBURG COUNTY

A free mobile service available to **anyone in Mecklenburg County**. Serves those experiencing mental health, substance use, or situational crises. The MCT will come to you during a crisis and then connect you to community resources to help you get clean. The MCT is provided by CriSyS Mecklenburg County.

Phone: For **immediate crisis support**, dial 704-566-3410 and Select Option 1.

C.W. WILLIAMS SUBSTANCE USE DISORDERS PROGRAM

A program offered by C.W. Williams Community Health Center, a low-cost clinic in Charlotte that offers mental and medical care. Their team of mental health professionals is ready to provide the quality substance use disorder treatment you deserve. Appointments are required.

Address: View locations online

Phone: 866-299-4968

Website: [Website](#)

PROMISE RESOURCE NETWORK (PRN)

Offers peer support whether you are interested in exploring recovery, harm reduction, looking for a job, housing, or support through a mental health crisis. PRN has many different services for these needs, so please explore them on their website linked below. They also offer a warmline, a 24/7 peer staffed phone line which offers confidential and emotional support, problem solving, and resources to North Carolina Residents.

Phone: Office 704-390-7709

24/7 Warmline 833-390-7728

Website: [Promise Resource Network](#)

93**SUBSTANCE ABUSE RESOURCES****CITY HARM REDUCTION BY QCHR**

Offers mobile (and fixed location) harm reduction services within Mecklenburg County. Includes free sterile equipment and Naloxone (Narcan) to people who use drugs, people who use hormones, people who do sex work, and other marginalized groups. Mobile delivery prioritizes people who have disabilities, people who are homeless, and/or who have no transportation. QCHR encourages members to access the drop-in center when able.

Phone: Text 980-395-9082 to get connected to outreach specialists in your area

Text 980-395-2199 for general needs and more information

Website: [City Harm Reduction by QCHR](#)

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RECREATION



95**FAMILY & YOUTH RECREATION****FUN 4 CHARLOTTE KIDS**

A website that includes family events, kids activities and parenting resources in the Charlotte area. If you are looking for free and low cost activities for your family, check out the events calendar and sign up for the newsletter.

Website: [Events Calendar](#)

PARKS AND RECREATION - TOWN OF DAVIDSON

Offers summer and community programs. Our parks and recreation system is a reflection of the community's long-held values and support for parkland, green space, fitness, and wellness.

Website: [Parks and Rec. Davidson](#)

PARKS AND RECREATION - TOWN OF CORNELIUS

Check out the events calendar to find out what community events are happening in Cornelius. You may also sign up for their newsletter and follow them on social media to stay in-the-know.

Website: [Parks and Rec. Cornelius](#)

PARKS AND RECREATION - TOWN OF HUNTERSVILLE

Offers an extensive search function on their website to filter and find local events by location, category, and more. Offers preschool, youth, and teen programs.

Website: [Parks and Rec. Huntersville](#)

96**FAMILY & YOUTH RECREATION****BRIDGE OF HEARTS**

A youth charity organization that aims to provide birthday experiences to children in need. Many children miss out on the joy of celebrating their birthdays due to life situations. We strive to change that by bringing happiness and creating memorable moments for them. Contact them to share requests or learn more about the organization.

Address: 355 S Broad St, Mooresville, NC 28115

Phone: 704-351-6086

Website: [Bridge of Hearts](#)

Email: contact@bohnc.org

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SENIOR RECREATION

DAVID B. WAYMER RECREATION & SENIOR CENTER

Offers a plethora of activities for seniors who are ages 55 and above. You may see a list of their upcoming events at the link below.

Address: 14008 Holbrooks Rd, Huntersville, NC 28078

Phone: 980-314-1127

Website: [Activity Search](#)

NORTHERN REGIONAL RECREATION CENTER

Offers a plethora of activities for seniors who are ages 55 and above.

Address: 18121 Old Statesville Rd, Cornelius, NC 28031

Website: [Activity Search](#)

SENIOR COMMUNITY CONNECTIONS

Senior Community Connections is a non-profit organization that helps older adults in the Lake Norman area remain independent and engaged/social in their community. Please visit their website to view their resources and events.

Address: 21300 Davidson St, Cornelius, NC 28031

Website: [SCC Homepage](#)

LAKE NORMAN YMCA DAILY SCHEDULE

The YMCA offers a variety of group exercise classes, activities, classes, and events for folks of all ages, including senior-specific classes.

Address: 21300 Davidson St, Cornelius, NC 28031

Website: [Daily Schedule](#)

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LEGAL AID RESOURCES



99**LEGAL AID RESOURCES****LEGAL AID OF NORTH CAROLINA**

Provide support to North Carolinians who are unable to afford an attorney. If you need help with domestic violence, housing, consumer protection, government benefits, health care and more, Legal Aid of North Carolina may be able to help. You may search your civil issue at the link below to see if they address it. You must apply for help.

Phone: 1-866-219-LANC (5262) or ages 60+ 1-877-579-7562

Website: [Get Help](#)

CHARLOTTE CENTER FOR LEGAL ADVOCACY

Provides affordable legal services for children & families, immigrants, people with disabilities, seniors, and veterans. They litigate for a number of different issues, ranging from health care access to consumer protection. If you need legal services but you cannot afford them, contact them today.

Phone: 704-376-1600 o Línea de Ayuda para Los de Habla Español 800-247-1931

Website: [Charlotte Center for Legal Advocacy](#)

FOR THE STRUGGLE INC.

Provides some legal support for the black community of different ages through two of their four offered programs. The Elder Response Initiative offers black seniors help with future/estate planning, property tax relief applications, and access to legal representation for property-related issues. Their SaluteU offers legal access to youth involved with the criminal system or criminal activities.

Phone: 704-800-6628

Website: [For The Struggle - Programs](#)

Email: info@ftsinc.org

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LEGAL RESOURCES FOR IMMIGRATION

INTERNATIONAL HOUSE

Provides an Immigration Law Clinic to low income immigrants, refugees, asylees, humanitarian parolees, and SIVs. The cost is approximately 15% to 25% of what you would pay at a private law firm. Please visit their website linked below to see a list of specific immigration services they offer. Note that they do not offer walk-in consultations, so you must call for an appointment.

Phone: 704-405-0962

Website: [International House Immigration Law Clinic](#)

LATIN AMERICAN COALITION

Offers immigration legal assistance through their representatives who are accredited by the Department of Justice. They also offer American history and civics courses as well as English classes to prepare you for the citizenship test. For a complete list of legal services they offer, please visit the website linked below.

Phone: 704-243-8011

Website: [Latin American Coalition Immigration Legal Center](#)

CATHOLIC DIOCESE CHARITIES OF CHARLOTTE

Provides bilingual (English/Spanish) support to immigrants and assists people to better understand their legal status and determine if they are eligible for any immigration benefit. They are able to provide a variety of services except for asylum, humanitarian parole, U-Visa, T-Visa, VAWA, and removal proceedings, but they can refer you to an organization who helps with those things. Please see a list of provided services/and a list of statewide immigration resources at the websites linked below.

Phone: 704-370-3219 or 336-714-3212

Website: [CCDOC Immigration Legal Services](#) and [CCDOC Statewide Immigration Resources](#)

Email: info@ftsinc.org

101**LEGAL RESOURCES FOR IMMIGRATION****CAROLINA REFUGEE RESETTLEMENT AGENCY (CRRA)**

An organization that works within Mecklenburg County to provide legal services to refugees. CRRA immigration staff members are not lawyers, but they are certified by the Board of Immigration Appeals (BIA), the highest body in the United States whose job is to interpret immigration laws. Please visit their website linked below for a list of provided legal services and fees.

Phone: 704-535-8803

Website: [CRRA Immigration Legal Services and Fee Schedule](#)

Email: weh.ksor@caroliarefugee.org

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INFORMATIONAL PAGES



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UNDERSTANDING EVICTION

Disclaimer: This guide is not meant to provide legal advice. The following is an overview of the eviction process. Contact the agencies listed below as soon as you receive a notice from your landlord. Appointment slots fill up fast and funds are quickly depleted.

Know Your Rights:

- A verbal or written notice from your landlord to move out is not a legal eviction. The only legal way a landlord can evict is through a court order.
- When facing eviction, you will receive a summons and have the right to appear in small claims court to present your defense. You may also bring counterclaims to court, such as evidence of a landlord not making repairs to the property.
- North Carolina law generally doesn't allow tenants to withhold rent until repairs are made. But in some specific instances a judge or magistrate can order the rent to be held.
- Landlords cannot change the locks or withhold or remove belongings before an eviction is granted. If you miss your court date: You have 10 days to appeal the eviction ruling and have the right to stay in the unit during the appeal as long as you continue to pay rent.
- North Carolina laws protect you from retaliatory eviction. Landlords cannot evict as retribution for calling code enforcement, asking for repairs, or organizing with other tenants.
- Hiring an attorney isn't required but often landlords are much more likely to appear in court with a lawyer than the tenant facing eviction.
- If you desire the assistance of an attorney contact Legal Aid's housing hotline at:
Phone: 704-594-8662 Ext. 4

More help: [North Carolina Judicial Branch - Eviction](#)

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UNDERSTANDING FORECLOSURE

The following are resources for understanding foreclosure.

Understanding Foreclosure

Foreclosure is a legal process in which a lender attempts to recover the balance of a loan from a borrower who has stopped making payments to the lender by forcing the sale of the asset (usually the home) used as the collateral for the loan.

If You Receive a Foreclosure Notice in the Mail

If you receive a foreclosure notice in the mail, it means you've fallen far enough behind in your mortgage payments that your lender intends to take your property and sell it off unless you make up the late payments.

If You Find Yourself in Need of Foreclosure Prevention Assistance

Don't delay seeking help! The homeowner is given a limited period of time where they have a chance to cure the default and pay all amounts due, including interest, penalties, attorney charges and any other fees allowed by the law or the mortgage. Contact your mortgage lender as soon as you know you will be unable to make your mortgage payments. Let them know of your circumstances. Contact your lender: Find out the exact details of what the lender believes you did or did not do. Ask the lender what you can do to remedy the default. Some lenders will work with you, so it doesn't hurt to ask.

More help: [North Carolina Judicial Branch - Foreclosure](#)

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MEDICAID VS. MEDICARE

The following are resources for understanding your healthcare options.

Medicaid Insurance

Program that provides free or low-cost health coverage to some low-income people, families and children, pregnant women, the seniors/elderly, and people with disabilities. Medicaid benefits and program names vary somewhat between states.

Medicaid may help pay for certain medical expenses including:

- Doctor Bills
- Hospital Bills
- Prescriptions (excluding prescriptions for Medicare beneficiaries)
- Vision Care
- Dental Care
- Medicare Premiums
- Nursing Home Care

Medicare Insurance

Medicare is a federal program that offers health insurance to American citizens and other eligible individuals. The program is often called Original Medicare. It has two parts-Part A and Part B.

Eligibility Requirements

- Age 65 or older
- Younger than 65 with a qualifying disability
- Any age with a diagnosis of End-Stage Renal Disease (ESRD) or Amyotrophic Lateral Sclerosis (ALS)

106**SUBSTANCE ABUSE TREATMENT DEFINITIONS**

The following are resources for people seeking to understand substance abuse treatment.

Alcoholics Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Al-Anon

Support groups work to equip loved ones with the tools they need to support the addict's recovery efforts, while nurturing and taking care of themselves along the way.

Narcotics Anonymous

Offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.

Addiction Treatment Centers

Addiction treatment centers provide a monitored environment where you will get the medical attention you need, as well as the emotional support to overcome drug or alcohol abuse. Inpatient programs offer the highest level of treatment care, with medically supervised detoxification and around-the-clock care and support. Due to the many centers that are available in Charlotte, they are not listed. Google: Substance Abuse Treatment Centers, to find one that will meet your needs.