

STREET SHEET - Wilmington, NC

FOOD PANTRY AND MEAL SERVICES

- ❖ **Catholic Charities**  
**910-251-8130. 4280 US Hwy 421 N**  
T&F: 9am-11:30am – food pantry. Diapers and baby clothing bank open T&F. Referral and financial services available including Hispanic/Latino services *available by appointment.*
- ❖ **Church Without Walls of Wilmington (Vigilant Hope)**  
**910-540-7589. 1401 Greenfield Street**  
SU: 1pm church service and lunch.
- ❖ **Early Bread: Church of St. Peter the Fisherman**  
**910-763-6222. 314 South Carolina Avenue**  
Thursday 9-noon food pantry.
- ❖ **First Baptist Church (& Living Hope)**  
**910-763-2471. 411 Market Street**  
M&W – 9-11AM Breakfast  
  
Tues: 5:00PM Showers 7:00PM dinner.
- ❖ **First Baptist Church of Carolina Beach**  
**NO CALLS PLEASE. 409 N. Lake Park Blvd.**  
T, TH: 5PM - Martha’s Kitchen – hot meal.
- ❖ **First Fruit Ministries**  
**910-794-9656. 2750 Vance Street**  
M,W,Sat: 10am-noon – food pantry.  
Sun: 4:30-5:30PM dinner
- ❖ **Global River Church (House of Mercy Ministries)**  
**910-392-2899 Ext. 103. 4702 South College Road**  
TH: 11-1pm food pantry. *Call first.*
- ❖ **Good Shepherd Soup Kitchen**  
**910-763-4424. 811 Martin Street**  
M-F: 11am-noon lunch. W:12-1PM food pantry
- ❖ **Harbor United Methodist Church**  
**910-452-7202 x108. 4853 Masonboro Loop Road**  
3<sup>rd</sup> Sat each month: 8:30am-10:30am – food pantry. *MUST be verified by church prior to receiving food and must have valid ID.*
- ❖ **Jesus Ministries (JMCO)**  
**910-791-7002. 6763 Market Street #D**  
Food bank/furniture assistance. *Call for hours. I.D. required.*

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FOOD PANTRY AND MEAL SERVICES *(cont'd)*

- ❖ **Lake Forest Baptist Church (Vigilant Hope)**  
**910-763-4078. 1626 Lake Branch Drive**  
T: 10-1:00pm coffee and showers; TH: 6-7:30pm dinner at 20 S. 16th; SA:8-10am Breakfast and shower trailer
- ❖ **Mother Hubbard’s Cupboard**  
**910-762-2199. 315 Red Cross Street**  
W&SA: 12-3pm – food pantry.
- ❖ **Mt. Zion AME Church**  
**910-763-2660. 1111 N 5<sup>th</sup> Ave.**  
W: 3-5PM dinner F: 3-5PM shower trailer
- ❖ **Open Hands Food Bank (Operation Legacy/Vigilant Hope)**  
**910-762-5797. 1502 Lake Shore Dr., corner of 5<sup>th</sup> & Greenfield**  
W, F: 9:30-11:30am. *(SUMMER HOURS ARE 8:00-10:00am)*  
Fresh produce, bread, baked goods and TEFAP products while supplies last. Meat distributed once per month on F.
- ❖ **The Salvation Army of Wilmington**  
**910-762-7354. 20 N. 4<sup>th</sup> Street**  
T&TH Food Pantry 9:00-noon. T&TH Bag lunch noon-2PM
- ❖ **St. Jude’s Metropolitan Community Church**  
**910-762-5833. 19 N. 26<sup>th</sup> Street**  
1<sup>st</sup> and 3<sup>rd</sup> T each month: 8:30am-11am – food pantry.  
F: 9-noon breakfast and showers
- ❖ **St. Stanislaus Roman Catholic Church (Helping Hands)**  
**910-675-2336. 4849 Castle Hayne Road, Castle Hayne**  
Every other TH: 9am-11am – food pantry.
- ❖ **Straightway Ministries Church of the Living God**  
**910-371-0111. 3705 US HWY 421 N.**  
TH: 3-6:30pm – food pantry. Call in advance.
- ❖ **The Sister Isaac Center**  
**910-762-5491 x135. 412 Ann Street**  
Food pantry M-TH: 9:00-11:00AM. *(Closed during August.)*
- ❖ **Wrightsboro United Methodist Church**  
**910-762-2583. 3300 N. Kerr Avenue**  
W: 8:30-10am, TH: 4:30-5:30pm – food pantry.

STREET SHEET - Wilmington, NC

HOUSING AND SHELTER SERVICES

- ❖ **A Safe Place**  
**855-723-7529 (Anonymous line). 921 Princess St Suite 100**  
**Hotline: 24/7 Emergency Shelter: 24/7 trafficking emergencies**  
A Safe Place works with sex trafficking victims and those who have been commercially sexually exploited. We offer a 24/7 hotline, Trauma Focused 30 day Emergency Shelter for victims in crisis and their children, substance abuse program, trauma therapy and life skills.
- ❖ **Domestic Violence Shelter & Services, Inc.**  
**910-343-0703. 2901 Market Street (NOT shelter address)**  
Support, advocacy, emergency shelter, 24-hr crisis intervention, support and empowerment groups.
- ❖ **Family Promise of the Lower Cape Fear**  
**910-769-4730. 20 N. 4<sup>th</sup> Street, Suite 440.**  
Emergency shelter for families with at least one child under the age of 17; transitional housing for victims of domestic violence.
- ❖ **First Fruit Ministries**  
**910-794-9656. 2750 Vance Street**  
Transitional: Open to women and families. *Must be 30-days sober.*  
5.11 House: human trafficking victims (men, women and families)
- ❖ **Good Shepherd Day/Night Shelter**  
**910-763-4424. 811 Martin Street**  
M-F: 8am-3:30pm. Registration D/N: M-F: 8am-3:30pm.  
Day: M-F: 8am-3:30pm, Night M-SU: 4:30-6pm check-in. *Must have ID.* Open to men, women, & families. Showers, clothing, case mgmt.
- ❖ **Gospel Rescue Mission**  
**910-343-0366. 502 Castle Street**  
T-S: 9am-5pm. 30 Day program requires those involved to work at store, attend church, and celebrate rehabilitation. Usually a 90 Day program but can be extended. Requires a face to face meeting.
- ❖ **Cape Fear Habitat for Humanity**  
**910-762-4744. 3310 Fredrickson Road Wilm, NC 28401**  
M-F: 8:30am-5pm. Assistance for family housing purchase.
- ❖ **Open House Youth Shelter (of Coastal Horizons Center)**  
**910-392-7408, 910-617-0909 (call or text). 615 Shipyard Blvd.**  
24-hour access emergency shelter for youth ages 6-18.
- ❖ **Sgt. Ashley Center (of Good Shepherd Center)**  
**910-362-0292. 2002 Colwell Ave. Call ahead for hours.**  
Transitional housing program for male veterans in recovery. Permanent supportive housing available as well. Call ahead for hours.  
**The Salvation Army of Wilmington**  
**910-363-0076 20 N. 4<sup>th</sup> Street**
- ❖ **Wilmington Housing Authority**  
**910-341-7700. 1524 S. 16<sup>th</sup> Street**  
M-F 8-4:30pm Public housing and Section 8 rental assistance.

STREET SHEET - Wilmington, NC

HEALTH AND MEDICAL SERVICES

- ❖ **Cape Fear Clinic**  
***Call first: 910-343-8736. 1605 Doctors Circle***  
Free clinic for those who qualify; *must be prescreened.*  
M- F: 8:30am-4:30pm
- ❖ **First Fruit Ministries**  
**910-794-9656. 2750 Vance Street**  
Thursdays 11:00 am to 5:00pm. For unsheltered homeless: free hot showers, laundromat, MedNorth medical, help with housing/services, dinner
- Good Shepherd Clinic**  
**910- 763-4424 x107, 811 Martin Street**  
M, T, TH, F: 7:30am-11:30am, W: 4-7pm.  
Free clinic for registered Good Shepherd shelter clients.
- Horizon’s Health Primary Care**  
**910-202-3860, Fax:910-202-3862, 613 Shipyard Blvd. Suite 106 Wilmington, NC 28412**  
Mon-Thur 8:30am-5:00pm & Fri 8:30am – 1:00pm. Primary care services. Walk-ins accepted.
- Lifeline Pregnancy Center**  
**910-392-0001. 4522 Fountain Drive**  
M-W: 9:00am-3:30pm, TH: 9am-last appt. By appointment only; call first. Emergency needs: diapers and formula; pregnancy tests.
- ❖ **New Hanover Community Health Center (Med North)**  
**910-343-0270. 925 N. 4<sup>th</sup> Street**  
M, T, F: 8-5pm; W, TH: 8-8pm; SA: 9-3.
- ❖ **New Hanover County Health Department**  
**910-798-3400. 1650 Greenfield ST**  
M, W, TH, F: 8-5, T: 8-6. – walk-ins/appointments.  
Testing: HIV, TB, STDs, family planning, well child, immunizations, breast cervical cancer program
- ❖ **New Hanover County Regional Medical Center/ER/Clinic**  
**910-343-7000. 2131 S. 17<sup>th</sup> Street**  
Health and emergency services; testing: HIV, TB, STDs; family planning. Sliding scale fee.  
***VitaLine: 888-815-5188.*** Free and confidential information from a registered nurse and physician referrals.
- ❖ **Planned Parenthood**  
**910-762-5566. 1921 & 1925 Tradd Court**  
T, TH: 1pm-7pm, W, F, S: 9am-1pm  
Women’s and men’s health services; testing: HIV, TB, STDs; contraception and family planning.
- ❖ **Wilmington Health Access for Teens of Coastal Horizons (WHAT)**  
**910-790-9949, 4005 Oleander Drive & Ashley, Laney, New Hanover, Hoggard High Schools**  
M-Th 8:30am-6:30pm. Extended Hours and walk-Ins welcome.
- ❖ **St. Mary Health Center**  
**910-763-8163. 412 Ann Street**  
Medical and dental services. M-Th 9:00am-12:00pm, T, W, TH: 4:00pm-8:00pm. *Must call for appointment.*
- ❖ **Cape Fear HealthNet**  
**910-399-2751.** Connects low or no income Cape Fear residents to health care.

MENTAL HEALTH/SUBSTANCE ABUSE SERVICES

- ❖ **Alcoholics Anonymous** (*Wilmington*)  
**910-794-1840. Call for meeting locations.**  
24/7 line for AA, NA, and related meeting locations, programs, and assistance.
- ❖ **Coastal Horizons Center**  
**615 Shipyard Blvd.**  
**Rape Crisis Center: 910-392-7185**, counseling, referrals  
**Substance Abuse Services: 910-343-0145**, counseling, groups  
**TASC: 910-762-5333**, screen, refer, criminal justice.
- ❖ **Delta Behavioral Health**  
**910-343-6890. 1606 Physicians Drive, Suite 104**  
Mental health and substance abuse services.
- ❖ **The Harbor**  
**910-632-2191. 2023-1 S. 17<sup>th</sup> Street**  
Crisis stabilization services, short-term mental health care, outpatient and detox services for adults.
- ❖ **A Helping Hand of Wilmington**  
**910-796-6868. 5013 Wrightsville Avenue; 324-R Village Rd. NE**  
M-F: 8:30am-5pm. Mental health and substance abuse services; Wilmington and Leland.
- ❖ **Physician Alliance for Mental Health (PAMH)**  
**910-794-3929. 3208 Oleander Drive**  
M-F: 8:30am-5pm. Mental health services.
- ❖ **PORT Health**  
**910-763-6499. Crisis Hotline: 866-488-7678. 2206 Wrightsville Ave.**  
Critical Access Behavioral Health Agency (CABHA) offering mental health and substance abuse services. Walk-ins welcome.
- ❖ **Peer Recovery Resources**  
**910-769-7064. 20 N 4<sup>th</sup> Street**  
**Email:** PeerRecoveryResources@outlook.com  
Peers helping peers with mental health or substance use challenges.
- ❖ **RHA Health Services**  
**910-632-2191. Crisis line: 855-345-1200. 2023, -1 S. 17<sup>th</sup> Street**  
**Mobile Crisis team: 1-844-709-4097. Office: 910-332-5734.**  
RHA Mobile Crisis: 24/7--Anyone experiencing a crisis due to mental health, developmental disabilities, or addiction issues. Onslow, Carteret, Craven, Jones, Pamlico, Pender, Brunswick and New Hanover. Mental health and substance abuse services: M-F: 8am-7pm, S: 10am-6pm – walk-in psychiatric clinic.
- ❖ **Trillium Health Resources**  
**24 hr. Access Line: 1.877.685.2415. 3809 Shipyard Blvd.**  
Mental health, developmental disabilities, and substance abuse services. Access line provides 24-hr links and referrals. Behavioral Health Crisis Hotline: 1-888-302-0738
- ❖ **Wilmington Treatment Center**  
**855-230-9581. 2520 Troy Drive**  
Facility open 24/7, front desk hours M-F: 7:30-10:30pm, S-SU 9:00—9:00pm. Inpatient detox services for adults with private insurance, Medicare, and self-pay.
- ❖ **Integrated Family Services**  
**910-444-4191. 1602 Physicians Drive, Unit 101**  
**MOBILE CRISIS TEAM: 1-866-437-1821**  
Mental health services: therapists and physiatrists.
- ❖ **Reflections of Hope, LLP**  
**910-782-8752. 33 Darlington Ave.**  
Opioid Addiction Treatment Services

OTHER SERVICES

- ❖ **Access Family Services, Inc.**  
**910-392-4881. 725 Wellington Ave.**  
M-TH 8:30-5:30; F 8:30-5:00. 24/7 Crisis service.  
Foster care information, out-patient care, in home care, mental health services for children, adults, and families; ABA services for autism.
- ❖ **Pride in North Carolina**  
**910-452-1460. 5710 Oleander Dr; 112 & 208**  
M-F: 8:00-5:00Outpatient therapy, intensive in-home services, medication management.
- ❖ **Amigos Internacional – Centro Latino**  
**910-341-0007. 4804 Wrightsville Avenue**  
Reopening in May after Hurricane relief. M-TH: 3-9pm. Resource, activity and crisis center for Latinos and Hispanics.
- ❖ **A Safe Place**  
**855-723-7529. 20 N. 4th Street, 3<sup>rd</sup> Floor**  
Assists victims of human trafficking.
- ❖ **Benefits Management**  
**910-798-2855. 213 N. 2<sup>nd</sup> Street**  
M-F: 9am-5pm. Social and professional services.
- ❖ **disAbility Resource Center**  
**910-815-6618. 5041 New Centre Drive, Suite 210**  
M-TH: 9am-4pm. FREE services to the disabled of all ages. Information, referral, assistance and advocacy for multiple needs, including benefits guidance.
- ❖ **First in Families of Southeastern Carolina (through ARC)**  
**910-350-2737. 5041 New Centre Drive, Suite 100**  
Assists w/ individual and family needs. Support for families of I/DD.
- ❖ **Gateway Church**  
**910-264-0765. 4815 Wrightsville Avenue**  
Offers counseling, guidance, and other aid to the low income and needy in New Hanover County.
- ❖ **Help Hub (through the Harrelson Center)**  
**910-769-5357. 20 N. 4<sup>th</sup> Street (entrance on 4<sup>th</sup> street)**  
T, W, Th: 9-11:45am. Short-term or emergency assistance to individuals and families in need of financial help and/or guidance to connection to other resources. First come first serve. Bring photo ID and current copy of bill or lease with your name.
- ❖ **Labor Finders**  
**910-794-5340. 108 N. Kerr Ave.**  
M-F: 6:00am-6:00pm, S: 6:30-12:00 and 4:00-6:00. Temp Agency work.
- ❖ **Eastern Carolina Human Services**  
**910-762-0010. 108 N. Kerr Ave. Bldg B1**  
M-F 8am to 5pm. Helping to remove barriers preventing self-sufficient through assistance with employment, education, and resources.
- ❖ **Legal Aid of NC**  
**910-763-6207. 201 N. Front Street, Suite 1002**  
Apply for legal assistance: 1-866-219-5262. A Law Firm serving low income people in civil legal matters at no charge to the public, and Affordable Care Act in-person assistance. Federally funded, non-profit organization.
- ❖ **Hire Quest Direct**  
**910-769-6481. 3408 Wilshire Blvd, Suite 201**  
Temp Agency pays daily. Transportation provided. 5AM-9AM and 3-3:30PM
- ❖ **LINC, Inc.**  
**910-332-1132. Reentry Office: 222 Division Drive**  
**Youth Services Office: 801 Princess Street, Suite. 103**  
Comprehensive services for people with criminal histories.
- ❖ **New Hanover County Veteran’s Services Office**  
**910-798-7611. 1650 Greenfield St.**  
M-F: 8:00-5:00. Assistance to vets and families working with benefits from Dept. of Veteran Affairs.
- ❖ **NHC Workforce Center/ NC Works.gov**  
**910-251-5777. 1994 S. 17<sup>th</sup> Street.**  
M-F: 8am-4:30pm. Career Development, Job Search, Veterans Services available daily.
- ❖ **North Carolina Harm Reduction Coalition (NCHRC)**  
**336-543-8050. Wilmington office: 910-262-5837**  
Free clean needle and naloxone distribution. Call 336-543-8050 to schedule drop off.
- ❖ **NC Start**  
**Contact the (LME) access/crisis line first: 888-962-3782.**  
Prevention/intervention services for adults with intellectual and/or developmental disabilities, or complex behavioral needs.
- ❖ **Philippians 3 Ministries**  
**910-617-4595. 20 N. 4<sup>th</sup> Street, Suite 100**  
T&Th by appointment. Professional clothing for interviews and jobs.
- ❖ **StepUp Wilmington**  
**910-343-8469. 621 N. 4<sup>th</sup> Street**  
Employment and Life skills programs for individuals seeking long-term stability. M-Th 8-4:30pm, F 8-1, walk-ins welcome.
- ❖ **Social Security Administration**  
**1-866-964-6227. 1528 S. 16<sup>th</sup> Street**  
M, TU, TH, F: 9am-4pm, W: 9am-12pm. Apply for social Security disability and replacement social security cards.
- ❖ **A Bike for Every Child/Switchin’ Gears**  
20 N 4<sup>th</sup> St. Recycled bikes for children in need.
- ❖ **Department of Social Services**  
**910-798-3400. 1650 Greenfield Street**  
M-F: 8am-5pm, (W: 8am-6pm). Apply for food stamps, and for child and adult protective services.
- ❖ **The Sister Isaac Center**  
**910-762-5491 x135. 412 Ann Street**  
M-TH 9:00-11:00am. Help w/ clothing, household items, furniture and small amounts of financial assistance at the 4<sup>th</sup> street entrance. Arrive early (around 8:45) as the doors close when they reach capacity.
- ❖ **Vigilant Hope**  
**910-538-2547. email: info@vigilanthope.com**  
Showers and Breakfast, various locations, call for info.  
**Vocational Rehabilitation Services**  
**910-251-5710. 3340 Jaeckle Drive, Suite 201**  
M-F: 8am-5pm. Employment services/rehabilitation for those with disabilities. Accessible technology lab available by apt. Ask receptionist.

The 2025  
Street Sheet



The Street Sheet is maintained and updated periodically. All requests for corrections, additions or deletions should be emailed to: [info@harrelsoncenter.org](mailto:info@harrelsoncenter.org)

**\*Contact locations in advance whenever possible. Hours and availability are subject to change**

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