

*Free Calls Outside of North Carolina*

**La Leche League International Hotline**

(800) LA-LECHE (800-525-3243)

Hours: M-F, 9 a.m.-3 p.m.

- Answers questions on breastfeeding

**National Domestic Violence Hotline**

(800) 799-7233

Hours: 24 hours, 365 days a year

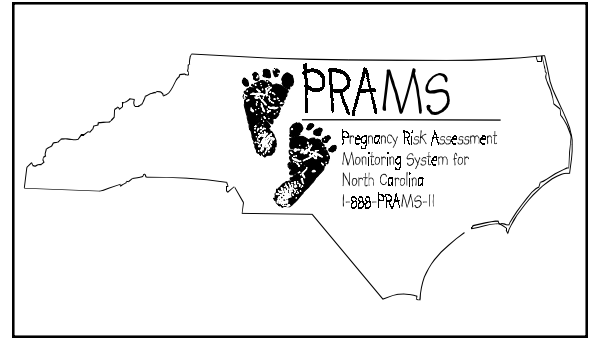
- Offers counseling and support for women who are being hurt by someone they know
- Will help women make plans to be safe

**Planned Parenthood**

(800) 230-7526

Hours: M-F, 9 a.m.-5 p.m.

- Call answered by nearest Planned Parenthood office
- Information about GYN exams, birth control methods, breast exams, and STDs
- Provides pregnancy counseling



# North Carolina Resource Directory



State of North Carolina  
James B. Hunt Jr., Governor  
Department of Health and Human Services  
H. David Bruton, M.D., Secretary

State Center for Health Statistics  
P.O. Box 29538  
Raleigh, NC 27626-0538  
[www.schs.state.nc.us/SCHS](http://www.schs.state.nc.us/SCHS)  
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# Telephone Resource List

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*All calls are toll-free and can be made from any telephone, even a pay phone.*

## **Free Calls Inside of North Carolina**

### **Alcohol/Drug Council of North Carolina**

(800) 688-4232 (TTY Service available)

Hours: M-F, 8:30 a.m.-5 p.m.

For emergencies, answering service can refer to local Mental Health Center

- Referrals concerning alcohol and other drug problems
- Information on alcoholism and other drug abuse and addiction

### **CARE-LINE**

#### **Information and Referral Service, NC Office of Citizen Services**

(800) 662-7030 (TTY Service available)

Hours: M-F, 8 a.m.-5 p.m.

- Services in English and Spanish
- Information and referrals for a variety of human services including mental health counseling, financial assistance, housing, health care, and food programs

### **Family Support Network**

(800) 852-0042

Hours: M-F, 8 a.m.-5 p.m.

- Information for families of children with special needs
- Includes referrals for services, parent support, and printed materials

### **Prevent Child Abuse, NC**

(800) 354-KIDS (800-354-5437)

Hours: M-F, 8:30 a.m.-5:00 p.m.

- Information on appropriate discipline and specific behavior problems

### **NC Family Health Resource Line**

**(Formerly the First Step Hotline and Health Check Hotline)**

(800) 367-2229

(800) 976-1922 (TTY Services)

Hours: M-F, 9 a.m.-7 p.m.

- Services in English and Spanish
- Information and referrals on pregnancy, infant care, family planning, and pre-pregnancy issues
- Information on free or low-cost health insurance for children under age 21 (**Health Check** and **NC Health Choice**)
- Information and referrals on child health topics and services for parents and teenagers
- Information on parenting topics such as discipline, nutrition, child development, etc.

### **Poison Control—Carolinas Poison Center**

(800) 848-6946

(In Charlotte call 355-4000)

Hours: 24 hours, 365 days a year

- Tells callers what to do in case of poisoning (or if you think someone has been poisoned) including medicines

### **Pregnancy Exposure Program**

(800) 532-6302

Hours: 24 hours a day, 365 days a year

- Information about the effects of chemicals, drugs, or medicines during pregnancy
- Caller leaves a message, call is returned Monday-Friday, 8:30 a.m. to 5 p.m.

