

See our online version of this guide at <http://www.polkfitfreshandfriendly.org/uploads/1/0/8/7/10875927/h2hrecoveryresourceguide.pdf>



Polk County Recovery Resources Edition

See our FULL online version of the H2H Resource Guide at www.polkfitfreshandfriendly.org/resources.html

2-1-1 provides 24/7 information regarding community resources and can be accessed by phone (2-1-1) or online (nc211.org).
Resources can be requested by county, city, state or zip code.



Need Someone to Talk to?.....2

Need a Repair or a Permit to Repair?.....3

Need a Doctor/ Prescriptions Refilled or Replaced?....4

Need Medical Supplies?....5

Last Updated 6-7-2018

Send updates or corrections to hear2helppolkcounty@gmail.com

See our online version of this guide at <http://www.polkitfreshandfriendly.org/uploads/1/0/8/7/10875927/h2hrecoveryresourceguide.pdf>

Need Someone to Talk to?

| | | | |
|--|---|---------------------------------|--|
| Polk County Schools | 125 East Mills St. Columbus, NC | Monday- Friday 8:00am-5:00pm | 828-894-3051 agreene@polkschools.org |
| Provides counseling and support for students/ youth. | | | |
| Family Preservation Services (Pathways by Molina) | 84 White Drive Columbus, NC | Monday- Friday 8:00am-5:00pm | 828-894-2290 Sara.spotila@pathways.com |
| Clinicians are available to provide triage and connect with services. | | | |
| Polk Health Center Blue Ridge Community Health | 155 West Mills Street Columbus, NC | Monday- Friday 8am-5pm | 828-894-2222 www.brchs.com smcgriff@brchs.com |
| Licensed Counselors on staff and ready to assist. Accepts Medicaid, Medicare and Private Insurance. Sliding-fee scales are available based on a patient's family income and size. See also Health and Wellness Services. | | | |
| Vaya Health | 200 Ridgefield Ct. Ste. 206 Asheville, NC | Monday- Friday 8:00am-5:00pm | 800-849-6127 www.vayahealth.com Ann.rogers@vayahealth.com |
| Provides assistance and support around stress management including handouts. Check your mental health with an anonymous screening at www.vayamindful.org . | | | |
| The Free Clinics | 841 Case Street Hendersonville, NC | Monday- Friday 8:00am-5:00pm | 828-697-8422 www.thefreeclinics.org jlong@thefreeclinics.org |
| Counselors are available at the Hendersonville Campus. | | | |
| American Red Cross | 231 Ward St. Columbus, NC | Monday- Friday 8:00am-5:00pm | 828-894-2400 www.redcross.org Rebecca.pittman@redcross.org |
| Call for more information. | | | |
| St. Luke's Hospital Senior Life Solutions | 101 Hospital Dr. Columbus, NC | 8:00am-5:00pm | 828-894-3311 www.saintlukeshospital.com |
| Outpatient psychiatry services for adults age 55 and over. Accepts self-referrals as well as physician, social services, rest home, adult daycare and/ or hospital referrals. | | | |

Last Updated 6-7-2018

Send updates or corrections to hear2helppolkcounty@gmail.com

See our online version of this guide at <http://www.polkitfreshandfriendly.org/uploads/1/0/8/7/10875927/h2hrecoveryresourceguide.pdf>

Need a Repair or Permit to Repair?

| | | | |
|--|-------------------------------------|---|--|
| Polk County Planning Department | 35 Walker St. Columbus, NC | Monday- Friday 8:30am-5:00pm | 828-894-2732 planning@polknc.org |
| Available to answer questions for properties located in the flood boundary and floodway areas according to maps in Polk County. Assist in explaining current ordinances, and rebuilding standards for any development in the designated flood areas. | | | |
| Melvin Hill Baptist Church | 525 Melvin Hill Rd. Columbus, NC | | 828-863-2292 Cscruggs51@gmail.com |
| Available to assist with appliance damage, broken windows, driveways, retaining walls, and fence repair. | | | |
| Thermal Belt Outreach Ministry | 134 White Dr. Columbus, NC | Monday-Thursday 9:00am-11:30am & 12:30-3:30pm Friday 9:00am-12:00pm | 828-894-2988 www.tboutreach.org George.alley@tboutreach.org |
| Available to assist with material cost for culvert, driveway, and fence repair. | | | |
| Polk County Health Department Mark Prince | 161 Walker Street Columbus, NC | Monday- Friday 8:30am-5:00pm | 828-894-8004 mprince@rpmhd.org |
| Permits for new septic tanks and drain lines to replace damaged/ failing system. Well permits and water testing available also. | | | |
| Polk County Building Inspections Steve Jones | 35 Walker Street Columbus, NC | Monday-Friday 8:00am-4:30pm | 828-894-3739 sjones@polknc.org |
| Available to provide building inspections. | | | |
| NC Baptist Men’s Disaster Relief Ministry | 2101 NC 108 Hwy E Columbus, NC | Call for Hours of Operation | 828-817-2290 |
| Available to help with the removal of damaged insulation, mold remediation, damaged home contents as well as tree removal within their ability to perform. | | | |

See our online version of this guide at <http://www.polkfitfreshandfriendly.org/uploads/1/0/8/7/10875927/h2hrecoveryresourceguide.pdf>

Need a Doctor/ Prescriptions Refilled or Replaced?

| | | | |
|---|--|---|--|
| Family Preservation Services (Pathways by Molina) | 84 White Drive Columbus, NC | Monday- Friday 8:00am-5:00pm | 828-894-2290 Sara.spotila@pathways.com |
| Clinicians are available to provide triage and connect with services. | | | |
| Polk Health Center Blue Ridge Community Health | 155 West Mills Street Columbus, NC | Monday- Friday 8am-5pm | 828-894-2222 www.brchs.com smcgriff@brchs.com |
| Accepts Medicaid, Medicare and Private Insurance. Sliding-fee scales are available based on a patient's family income and size. | | | |
| The Free Clinics | 155 West Mills Street Columbus, NC | Monday- Friday 8:00am-5:00pm | 828-697-8422 www.thefreeclinics.org jlong@thefreeclinic.org |
| Pharmacy as well as prescription assistance that provides free medications in Columbus | | | |
| American Red Cross | 231 Ward St. Columbus, NC | Monday- Friday 8:00am-5:00pm | 828-894-2400 www.redcross.org Rebecca.pittman@redcross.org |
| Call for more information. | | | |
| Polk County Human Service Agency | 231 Wolverine Trail Mill Spring, NC | Monday- Friday 8:00am-5:00pm | 828-894-2100 pedwards@polknc.org |
| Medicaid- Provides assistance with medical expenses and prescription costs for eligible persons. | | | |
| Thermal Belt Outreach Ministries | 134 White Dr. Columbus, NC | Monday-Thursday 9:00am-11:30am & 12:30-3:30pm Friday 9:00am-12:00pm | 828-894-2988 www.tboutreach.org George.alley@tboutreach.org |
| Outreach can help qualified clients. Call for more information. | | | |
| Foothills Pharmacy | 80 Shuford Rd. Columbus, NC | Monday- Friday 9:00am-6:00pm Saturday 9:00am-1:00pm | 828-894-6112 www.ncfoothillspharmacy.com ncfoothillspharmacy@gmail.com |
| Provides prescription assistance. | | | |

Last Updated 6-7-2018

Send updates or corrections to hear2helppolkcounty@gmail.com

See our online version of this guide at <http://www.polkitfreshandfriendly.org/uploads/1/0/8/7/10875927/h2hrecoveryresourceguide.pdf>

Need Medical Supplies?

| | | | |
|--|---------------------------------------|--|--|
| The Meeting Place | 75 Carmel Lane Columbus, NC | Monday- Friday 8:00am-5:00pm | 828-894-0001 hsuskauer@polknc.org |
| Walkers and canes available. Call for more information. | | | |
| The Free Clinics | 155 West Mills Street Columbus, NC | Monday- Friday 8:00am-5:00pm | 828-697-8422 www.thefreeclinics.org jlong@thefreeclinic.org |
| Available through St. James Medical loan closet in Hendersonville. | | | |
| American Red Cross | 231 Ward St. Columbus, NC | Monday- Friday 8:00am-5:00pm | 828-894-2400 www.redcross.org Rebecca.pittman@redcross.org |
| Call for more information. | | | |
| Foothills Pharmacy | 80 Shuford Rd. Columbus, NC | Monday- Friday 9:00am-6:00pm Saturday 9:00am-1:00pm | 828-894-6112 www.ncfoothillspharmacy.com ncfoothillspharmacy@gmail.com |
| Medical/ Ambulatory supplies available. Call for more information. | | | |

See our online version of this guide at <http://www.polkitfreshandfriendly.org/uploads/1/0/8/7/10875927/h2hrecoveryresourceguide.pdf>

MONETARY DONATIONS

| Name of Organization | Address/website | Other Details | What your donation provides |
|--------------------------------|---|---|--|
| The Red Cross | 231 Ward St. Columbus, NC 28722 https://www.redcross.org/donate/donation | You may specify your donation to help Polk County in the memo section of your check | Food; Water; Emergency shelter; cleanup supplies |
| NC Baptist Men Relief Ministry | 205 Convention Dr. Cary, NC 27511 https://www.facebook.com/ncmissionsdisasterrelief | You may specify your donation to help Polk County in the memo section of your check | Debris and mud removal from affected properties; driveway and culvert repairs |
| Thermal Belt Outreach Ministry | 134 White Drive Columbus, NC www.tboutreach.org | Monday-Thursday 9:00am-11:30am & 12:30-3:30pm Friday 9:00am-12:00pm | For low-income residents: Food assistance; utility & bill assistance; home repairs |

OTHER DONATIONS

| Name of Organization | Address/website | Days/Hours of Operation | Donations Accepted |
|--------------------------------|---|--|---|
| Thermal Belt Outreach Ministry | 134 White Drive Columbus, NC www.tboutreach.org 828-894-2988 | Monday-Thursday 9:00am-11:30am & 12:30-3:30pm Friday 9:00am-12:00pm | Non-perishable food; water, can goods, etc. |
| Second Chance Thrift Store | 232 East Mills Street Columbus, NC 828-894-2373 | M, W, F 10am-4pm Tues, Thurs 10am-5pm Saturday 10am-1pm | Clothing, Furniture, Household items |
| Habitat for Humanity Restore | 132 N. Trade Street Landrum, SC 864-457-2666 | M-F 9am-4pm Saturday 10am-4pm | Gently used home furnishings |
| Hospice of Thrift Store | 1810 SC-14 Landrum, SC 864-457-7348 | M-TH 10am-4pm Friday 10am-6pm Saturday 10am-5pm | Clothing, Furniture, Household items |

Last Updated 6-7-2018

Send updates or corrections to hear2helppolkcounty@gmail.com

See our online version of this guide at <http://www.polkfitfreshandfriendly.org/uploads/1/0/8/7/10875927/h2hrecoveryresourceguide.pdf>

Last Updated 6-7-2018

Send updates or corrections to hear2helppolkcounty@gmail.com