

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.



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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.			

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.			

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.			

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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.			

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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