

A FREE LOCAL GUIDE

Community Resources

You're not alone.

Help is here, close to home.

From healthcare and housing to food, education, and crisis support: discover hundreds of local services near you, all in one place.



SCAN OR VISIT
sparc.help

● **IN A CRISIS?** Help is one tap away, 24 hours a day.

Call 911

Text 988

INSIDE THE GUIDE

Hundreds of local services, organized for easy browsing

♥ HEALTH & WELLNESS

- Healthcare
- Mental Health & Substance Use
- Pharmacy
- Crisis Services

👤 FAMILY & COMMUNITY

- Education
- Faith-Based Services
- Cultural & Information
- Community Groups

🏠 BASIC NEEDS

- Food Assistance
- Housing
- Clothing

🛡️ SUPPORT & SAFETY

- Legal Help
- Government Services
- Veteran Services
- Law Enforcement

HOW TO USE IT

Three steps to get help

- 1 **Scan the QR code** or visit **sparc.help** on any phone, tablet, or computer.
- 2 **Browse by category**, search by voice, or tap to call any provider directly.
- 3 **Tap "Install"** on the site to save the guide to your home screen. It's free, and no signup is needed.

🌱 **This is just the beginning.** We're growing this guide across the region. If you see a missing organization or information that needs updating, let us know through the site.

sparc.help

Community Resources
Serving communities across North Carolina
Funded by the Kate B. Reynolds Charitable Trust



SPARC
Southeastern Prevention & Addiction Recovery
Resource Center

Social Determinants of Health

Health starts long before the doctor's office.

Where we are born, live, learn, work, worship, and age shapes our health every day.

5

connected areas that shape how long and how well we live

THE FIVE DOMAINS

What shapes our health, and how we can respond



Economic Stability

→ **MORTALITY** Risk of early death

WHAT IT INCLUDES

- Food security
- Income
- Employment & living wages
- Debt & financial literacy
- Utilities
- Affording medications

WAYS TO ADDRESS IT

- ✓ Food pantries & SNAP/WIC
- ✓ Help with utility bills & benefits
- ✓ Job & financial skills programs



Education

→ **LIFE EXPECTANCY** How long we live

WHAT IT INCLUDES

- Literacy
- Language
- Early childhood education
- Vocational training
- Higher education

WAYS TO ADDRESS IT

- ✓ Adult literacy, GED & ESL classes
- ✓ Early learning programs for kids
- ✓ Job training & community college



Social & Community Context

→ **HEALTH STATUS** Overall well-being

WHAT IT INCLUDES

- Support system
- Community engagement
- Discrimination
- Social integration
- Interpersonal violence
- Legal issues

WAYS TO ADDRESS IT

- ✓ Community & faith-based groups
- ✓ Free or low-cost legal aid
- ✓ Safety & crisis support



Mental health is influenced by all five.

Stress from bills, unsafe housing, isolation, or a hard time getting care all add up. Supporting mental health means looking at the whole picture, not just one piece of it.



Healthcare Access & Quality

→ **FUNCTIONAL LIMITS** Daily activities

WHAT IT INCLUDES

- Income & ability to pay
- Provider bias
- Health coverage
- Provider access
- Cultural & language competency
- Quality of care
- Health literacy

WAYS TO ADDRESS IT

- ✓ Sliding-scale fee clinics
- ✓ Help enrolling in health coverage
- ✓ Medication assistance programs



Neighborhood & Physical Environment

→ **MORBIDITY** Illness and disease

WHAT IT INCLUDES

- Housing stability & quality
- Transportation
- Safety, crime & violence
- Parks & playgrounds
- Walkability
- Access to healthy food

WAYS TO ADDRESS IT

- ✓ Housing & home-repair help
- ✓ Local ride & transit services
- ✓ Fresh, healthy food near you

START ANYWHERE

Every category in the guide connects to these five areas.

Pick one step from any card, then search sparc.help to find local services that can help.

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