



2019-2020 Carteret County Community Resource Guide

This guide serves as a directory for information on community health resources in Carteret County. As the county continues to grow and change so will this guide. Help us keep this information up to date, send information about community resources to the Carteret County Health Department: 3820 A Bridges Street, Morehead City, NC 28557 or call (252) 728-8550. This guide will be reviewed and updated annually.

ASSISTED LIVING / FAMILY CARE HOMES / REST HOMES

Brookdale- Carolina House	Morehead City	Office: (252) 726-4454 Fax: (252) 727-0160
Carteret Landing Assisted Living and Memory Care	Morehead City	Office: (252) 773-0980 Fax: (252) 773-0979
Carteret House Assisted Living	Newport	Office: (252) 223-2600 Fax: (252) 223-4754
Croatan Village Assisted Living	New Bern	Office: (252) 634-9066 Fax: (252) 631-5032
Onslow House	Jacksonville	Office: (910) 347-1300 Fax: (910) 347-2111
Graham's Senior Living Homes	Beaufort	Office: (252) 838-9204 Fax: (252) 838-9203

NURSING CENTERS / INTERMEDIATE CARE & SKILLED NURSING FACILITIES

Croatan Ridge Rehabilitation & Nursing Center	Newport	Office: (252) 223-2560 Fax: (252) 223-4208
Crystal Bluffs	Morehead City	Office: (252) 726-0031 Fax: (252) 726-5831
Pruitt Health	Sea Level	Office: (252) 225-0112 Fax: (252) 225-1228
Cherry Point Bay Nursing & Rehabilitation Center	Havelock	Office: (252) 444-4631 Fax: (252) 444-5831
Riverpoint Crest Nursing & Rehabilitation Center	New Bern	Office: (252) 637-4730 Fax: (252) 637-0289
Premier Rehabilitation & Nursing Center	Jacksonville	Office: (910) 353-7222 Fax: (910) 353-8807
Carolina Rivers Rehabilitation & Nursing Center	Jacksonville	Office: (910) 455-3610 Fax: (910) 455-0325
Ombudsman Program NC Long Term Care Eastern Carolina Council - Area Agency on Aging	New Bern	Office: (252) 638-3185 Fax: (252) 638-3187

HOME HEALTH & HOSPICE PROVIDERS

Carteret Health Care Home Health and Hospice	Morehead City	Office: (252) 499-6081 Fax: (252) 499-6573
Liberty Home Care & Hospice	Morehead City	Office: (252) 247-4748 Fax: (252) 247-2445
Kindred at Home	Morehead City	Office: (252) 726-9300 Fax: (252) 726-9832
Community Home Care & Hospice	Swansboro	Office: (910) 326-1037 Fax: (855) 240-5473
Crystal Coast Hospice House	Newport	Office: (252) 777-4201 Fax: (252) 777-4439
Craven County Hospice	New Bern	Office: (252) 636-4930 Fax: (252) 636-5301
Continuum Home Care & Hospice	Jacksonville	Office: (910) 989-2682 Fax: (910) 989-2691
Onslow County Home Health & Hospice	Jacksonville	Office: (910) 577-6660 Fax: (910) 577-6636
Vidant Home Health and Hospice	Greenville	Office: (252) 847-2000

PRIVATE DUTY & PERSONAL CARE AGENCIES

Friendly Caregivers	Morehead City	Office: (252) 240-1234 Fax: (252) 240-1232
In Touch Home Care		Office: (252) 726-6780 Fax: 1-866-231-2339
Interim Health Care		Office: 1-800-849-6144 Fax: (910) 483-6049
Access Community Based Service	Morehead City	Office: (252) 247-6911 Fax: (252) 222-3831
Maxim Health Care (Personal Care)	Morehead City	Office: (252) 726-8746 Fax: (252) 726-6673
Accommodating Home Care Service, Inc.	New Bern	Office: (252) 635-9005
Companion and Home Care	Emerald Isle	Office: (252) 764-9574

LOW INCOME HOUSING

Crystal Coast Apartments	Morehead City	Office: (252) 726-8042 Fax: (252) 726-0867
Eastern Carolina Regional Housing Authority (Macon Court, Kings Terrace)	Morehead City	Office: (252) 726-4401 Fax: (252) 726-7201
Westwood Square Apartments (Tuesday & Thursday, 9 – 3)	Morehead City	Office: (252) 247-4666
Beaufort Housing Authority	Beaufort	Office: (252) 728-3226 Fax: (252) 728-3210
Carteret Court Apartments (Monday-Friday, 8 - 3)	Beaufort	Office: (252) 728-2679
Brentwood Village Apartments	Beaufort	Office: (252) 728-4557
Elm Green (Monday – Thursday, 8:30 – 4)	Newport	Office: (252) 223-1266 Fax: (252) 565-0969
Blue Point Bay Apartments	Newport	Office: (252) 222-0015

HOUSING ASSISTANCE/ SHELTERS

Coastal Community Action	Newport	Office: (252) 223-1630
Carteret County Domestic Violence Program	Beaufort	Office: (252) 728-3788 Fax: (252) 726-8996
Habitat for Humanity	Newport	Office: (252) 223-2111 Fax: (252) 223-6111
Family Promise of Carteret County	Morehead City	Office: (252) 222-0019
Hope Mission Men’s Shelter <i>*Emergency Overnight Housing*</i> <i>*Emergency Financial Assistance*</i>	Morehead City	Office: (252) 240-2359 Fax: (252) 622-4839
Coastal Women’s Shelter	New Bern	Office: (252) 638-4509 Fax: (252) 638-1298
Religious Community Services Homeless Shelter	New Bern	Office: (252) 633-2767
Onslow Community Outreach	Jacksonville	Office: (910) 455-5733 (910) 347-3227 Fax: (910) 455-5195

IN-PATIENT REHABILITATION CENTERS

Carolina East Rehabilitation Hospital	New Bern	Main: 252-633-8020
New Hanover Regional Medical Center (NHRMC) Rehabilitation Hospital	Wilmington	Office: (910) 343-7835
Duke Rehabilitation Institute	Durham	Office: (919) 470-7338
Vidant Edgecombe Hospital	Tarboro	Office: (252) 641-7700
Lenoir Memorial Hospital Rehab	Kinston	Office: (252) 522-7000
Vidant Rehabilitation Center	Greenville	Office: (252) 847-4400
UNC Hospitals Rehabilitation Therapies	Chapel Hill	Office: (984) 974-9700 Fax: (984) 974-9789
WakeMed Rehabilitation Hospital	Raleigh	Office: (919) 350-7876

OUT-PATIENT REHABILITATION CENTERS

Beaufort Physical Therapy	Beaufort	Office: (252) 838-0222 Fax: (252) 838-0224
Carteret Health Care Rehabilitation	Morehead City	Office: (252) 499-8461
Carolinas Center for Surgery	Morehead City	Office: (252) 247-2101 Fax: (252) 247-2101
BreakThrough Physical Therapy	Morehead City	Office: (252) 247-2738 Fax: (252) 240-3882
Moore Orthopedics and Sports Medicine	Morehead City	Office: (252) 808-3151 Fax: (252) 808-3120
Moore Orthopedics and Sports Medicine	Cedar Point	Office: (252) 808-4440 Fax: (252) 808-3120
Specialty Center for Physical Therapy & Sports Medicine	Morehead City	Office: (252) 726-1802 Fax: (252) 252-726-1805
Snug Harbor on Nelson Bay <i>Physical and Occupational Therapy</i>	Sea Level	Office: (252) 225-4411 Fax: (252) 225-1670
Therapy Center of Cedar Point	Cedar Point	Office: (252) 393-8828 Fax: (252) 393-7928

GENERAL MEDICAL HOSPITALS

Carteret Health Care	Morehead City	Office: (252) 499-6000
CarolinaEast Medical Center	New Bern	Office: (252) 633-8111
Onslow Memorial Hospital	Jacksonville	Office: (910) 577-2345
Naval Medicine Center – Camp Lejeune	Jacksonville	Office: (910) 450-4300
UNC Lenoir Health Care	Kinston	Office: (252) 522-7000
New Hanover Regional Medical Center	Wilmington	Office: (910) 667-7000
Vidant Duplin Hospital	Kenansville	Office: (910) 296-0941
Vidant Medical Center	Greenville	Office: (252) 847-4100
Wayne UNC Health Care	Goldsboro	Office: (919) 736-1110
Duke University Hospital	Durham	Office: (919) 684-8111
University of North Carolina Medical Care	Chapel Hill	Office: (984) 974-1000
WakeMed	Raleigh	Office: (919) 350-8000
Durham VA Health Care System	Durham	Office: (919) 286-0441 (888) 878-6890
Wake Forest Baptist Health Wake Forest Medical Center	Winston-Salem	Office: (336) 716-2011

VETERAN AFFAIRS HOSPITALS/ TRANSFER COORDINATORS

Asheville, NC	Ext. 15219	Office: (828) 298-7911
Fayetteville, NC		Office: (910) 488-2120 (800) 771-6106
Durham, NC	Ext. 6250	Office: (919) 286-0411 (888) 878-6890
Salisbury, NC		Office: (704) 638-9000 (800) 469-8262
Hampton, VA	Ext. 2122	Office: (757) 722-9961
Richmond, VA		Office: (804) 675-5000
Salem, VA	Ext. 1769	Office: (540) 982-2463 (800) 982-2463
Beckley, WV	Ext. 4778	Office: (304) 255-2121 (877) 902-5142

VETERAN'S SERVICES

Veteran's Service Office	Morehead City	Office: (252) 728-8440
Veteran's Affairs Clinic	Morehead City	Office: (252) 240-2349
Veteran's Crisis Line		1-800-273-8255

MEDICAL TRANSPORT SERVICES

Carteret Health Care (Paramedic) *Not available for public referral*		Office: (252) 499-6133
Crystal Coast Medical Transport CCMT (Basic Life Support Only)		Office: (252) 808-5555
Friendly Medical Transport		Office: (252) 808-3400

TRANSPORTATION

Carteret County Area Transportation System (CCATS)	Morehead City	Ride Reservation Line (800) 735-2962
Coastal Community Action <i>*Assistance with transportation for Seniors to appointments*</i>	Newport	Office: (252) 223-1630 (252) 223-1633
R.S.V.P Retired Senior Volunteer Program (Senior Center)	Morehead City	Office: 728-3181 Ext 6105

HEALTH AND HUMAN SERVICES/ MENTAL HEALTH

Carteret County Health Department <ul style="list-style-type: none"> • <i>Clinical Services</i> • <i>WIC-Nutrition Assistance & Breastfeeding Support</i> • <i>Environmental Health</i> • <i>Pest Management/Animal Control</i> • <i>Mobile Dental Clinic- Miles of Smiles</i> 	Morehead City	Main Number: (252) 728-8550 Fax: (252) 222-7739 EH Office: (252) 728-8499 EH Fax: (252) 222-7753 Pest Management: (252) 728-8585 Mobile Dental Clinic: (252) 241-4492
Carteret County Dept. of Social Services	Beaufort	Office: (252) 728-3181 Fax: (252) 648-7462
Trillium Health Resources <i>MCO for MH/SA/DD services</i>	Morehead City	24 Hours Access To Care: 1-877-685-2415 Admin/Business Calls: 1-866-998-2597

PSYCHIATRIC & SUBSTANCE ABUSE HOSPITALS

Brynn Marr Central Regional	Jacksonville	1-800-822-9507 Fax: (910)577-2797
Crossroads Carolina East Medical Center	New Bern	Office: (252) 633-8204 Fax: (252)633-8198
Duplin General Psych Unit		(910) 296-2786
The Oaks (New Hanover Regional)	Wilmington	(910) 815-5625
Vidant Medical Center, Psych Unit	Greenville	Office: (252) 847-8791 Beeper: (252) 413-4117
Wilmington Treatment Center	Wilmington	1-800-992-3671

PRESCRIPTION DRUG DISPOSAL

Carteret County Sheriff's Dept. <i>*Drop Box*</i>	Beaufort	Office: (252) 504-4800
Atlantic Beach Police Department <i>*Drop Box*</i>	Atlantic Beach	Office: (252) 726-2523
Cape Carteret Police Department <i>*Drop Box*</i>	Cape Carteret	Office: (252) 393-2183
Emerald Isle Police Department <i>*Drop Box*</i>	Emerald Isle	Office: (252) 354-2021
Morehead City Police Department <i>*Drop Box*</i>	Morehead City	Office: (252) 726-5361
Pine Knoll Shores Police Department <i>*Drop Box*</i>	Pine Knoll Shores	Office: (252) 247-2474
Newport Police Department <i>*Drop Box*</i>	Newport	Office: (252) 223-5410
<p><i>Conveniently dispose of unused, unwanted, or expired medications at the locations listed above. Proper storage and disposal of prescription medication can help keep you, your family, and the environment safe. Remember, never flush medication!</i></p>		

CAROLINAS POISON CONTROL CENTER

24 hr. Poison Help Line: 1-800-222-1222	www.ncpoisoncenter.org
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COUNSELING / EMOTIONAL SUPPORT

Coastal Pregnancy Care Center	Morehead City	Office: (252) 247-2273
Carteret County Domestic Violence Program	Morehead City	24/7 Hotline: (252) 728-3788 Office: (252) 726-2336
Carteret County Rape Crisis Program	Morehead City	24 hr. Crisis Line: (252) 725-4040 Office: (252) 504-3668
Disaster/Emergency Emotional Support American Red Cross	New Bern	Office: (252) 637-3405
HIV Counseling & Referral <i>Carteret County Health Department</i>	Morehead City	Office: (252) 728-8550 24 hr. Hotline: 1-800-232-4636
Integrated Family Services	Morehead City	24 Hour Mobile Crisis: 1-866-437-1821 Office: (252) 648-7850
RHA Crisis Counseling	Morehead City	24/7: (844) 709-4097 Office: (252) 240-1482
NAMI-National Alliance on Mental Illness	Coastal Division	Office: (252) 422-3900 (252) 269-7025
Peer Recovery Center (Mental Health/Addiction)	Morehead City	Office: (252) 222-3888 Warmline: (252) 269-5317
Le'Chris Counseling Services, Inc.	Morehead City	Office: (252) 726-9006
PORT Human Services	Morehead City	Office: (252) 222-3144
Carteret Counseling Services, Inc.	Morehead City	Office: (252) 247-1109
Alcoholics Anonymous/Al-Anon/Alateen	Morehead City	Office: (252) 726-8540
American Cancer Society		1-800-227-2345
NC Alzheimer Support		1-800-272-3900
NC Quitline Smoking Cessation <i>24 hr/ 7 days a week</i>		1-800-QUIT-NOW 1-800-784-8669
American Lung Association		1-800-586-4872
National Suicide Prevention Hotline		1-800-273-8255
Narcotics Anonymous		(252) 278-0301

FREE CLINIC / MEDICAL CARE / SCREENINGS

Broad Street Clinic	Morehead City	Office: (252) 726-4562 Fax: (252) 726-4459
MERCI Clinic	New Bern	Office: (252) 633-1599
Prostate, Breast and Skin Cancer Screenings <i>Sponsored by Carteret Health Care Cancer Center</i>	Morehead City	Office: 252) 808-6000 <i>*Various times throughout the year*</i>
REACH Dental Low-Cost Dental Day <i>Sponsored by One Harbor Church</i>	Morehead City	Office: (252) 422-2899
NC Baptist Men Mobile Dental Unit	Cary, NC	Office: 1-800-395-5102 ext. 5603

FOOD ASSISTANCE

WIC Program Carteret County Health Dept.	Morehead City	Office: (252) 728-8550 Fax: (252) 222-5828
Carteret County Dept. Social Services <i>SNAP (Food Stamps)</i> <i>Assistance with vouchers for Martha's Mission</i>	Beaufort	Office: (252) 728-3181 Fax: (252) 252-648-7462
Hope Mission (Every Day 11 am – 12:30 pm)	Morehead City	Office: (252) 240-2359
Martha's Mission Cupboard Food Pantry <i>*Need voucher from DSS or CCHD</i> (Monday, Wednesday, Friday, 10:30 to 3)	Morehead City	Office: (252) 726-1717
Salvation Army <i>*Need proof of income</i>	Morehead City	Office: (252) 726-7147
The Storehouse Food Pantry (Monday – Friday, 11 - 2)	Morehead City	Office: (252) 725-5539 Call for Appointment
Glad Tidings Church Food Pantry (Open Monday – Thursday) (Closed 12-1)	Morehead City	Office: (252) 726-0160
Woodville Baptist Church Food Pantry (TH 11 am- 2 pm) <i>*Need voucher from DSS or CCHD</i> <i>*Every 3rd Friday Participates with NC FOOD BANK</i>	Beaufort	Office: (252) 728-1414

Loaves and Fishes Food Pantry First 4 Mondays of the month only	Beaufort	Office: (252) 504-0123
Wilwood Presbyterian <i>Thursday, 8:30am – 9:30am</i>	Newport	Office: (252) 726-9118
Harker's Island Umc Thursday, 10am – 4pm	Harker's Island	Office: (252) 728-7075

MEAL DELIVERY PROGRAMS

Home Delivered Meals (Service of the Leon Mann Senior Enrichment Center)	Morehead City	(252) 247-2626
Meals on Wheels	Beaufort/Down East	(252) 241-4292
Meals on Wheels	Cape Carteret/Emerald Isle	(252) 241-5282
Meals on Wheels	Morehead City	(252) 241-1087
Meals on Wheels	Newport	(252) 223-4231

DISABILITY PROGRAMS / SERVICES

Services for the Blind <i>Carteret County Department of Social Services</i>	Beaufort	(252) 728-3181
Epilepsy Association of NC		1-800-451-0694
Coastal Carolina American Red Cross	New Bern	(252) 637-3405
Division of Motor Vehicles Handicap Parking Permits	Morehead City	(252) 726-7695
Social Security Administration	New Bern	1-888-491-1885
Vocational Rehabilitation	Morehead City	(252) 247-2037
Independent Living	New Bern	(252) 514-4806
Station Club Enterprise	Morehead City	(252) 240-1022
NC Division of Services for Deaf and Hard of Hearing	Wilmington	1-800-205-9915 - Voice 1-800-205-9916 - TTY
Special Olympics of Carteret County <i>Carteret County Parks and Recreation</i>	Beaufort	252-808-3301

FAMILY / CHILDREN'S SERVICES

Carteret Partnership for Children	Morehead City	Office: (252) 727-0440
Boys and Girls Club of Coastal Carolina	Morehead City Beaufort Havelock	Office: (252) 726-6584 Office: (252) 504-2465 Office: (252) 444-5437
Carteret County Health Department <ul style="list-style-type: none"> • Care Coordination for Children • WIC-Women Infants & Children • Breastfeeding Peer Counselor • Immunizations • Pregnancy Care Management • Family Planning • Maternal Health • Breast and Cervical Cancer Control Program • Communicable Disease Testing & Treatment 	Morehead City	Office: (252) 728-8550
Children's Developmental Services Agency (CDSA)	New Bern	Office: (252) 514-4770 1-866-543-7662
Pediatricians <ul style="list-style-type: none"> • Carteret Clinic for Adolescents & Children • Ocean Side Pediatrics • Stanley Rule Pediatrics 	Morehead City	Office: (252) 726-0511 Office: (252) 622-4448 Office: (252) 240-5437
Coastal Community Action <ul style="list-style-type: none"> • Head Start • Early Head Start 	Newport	Office: (252) 223-1650

Parenting Programs		
<ul style="list-style-type: none"> • Love and Logic Parenting Carteret Community College • Carteret County Partnership for Children • Coastal Pregnancy Care Center 	Morehead City	(252) 222-6000 *Life Enrichment Program* Office: (252) 727-0440 Office: (252) 247-2273
Cooperative Extension Carteret Center	Morehead City	Office: (252) 222-6352
Family Support Network of ENC		Office: (252) 917-4110
Make-a-Wish Foundation of ENC		Office: (919) 821-7111 1-800-432-9474

HISPANIC/LATINO RESOURCES

ESL Programs Ingles Como Segunda Lengua <i>Carteret Community College</i>	Morehead City	Office: (252) 222-6195
Legal Aid of North Carolina	New Bern	1-866-219-5262

FITNESS CENTERS & GYMS

Cape Carteret Aquatics & Wellness Center	Cape Carteret	Office: (252) 393-1000
Snap Fitness (24 hr)	Morehead City Beaufort Newport Otway	Office: (252) 622-4222 Office: (252) 728-3357 Office: (252) 777-4349 Office: (252) 838-1196
Anytime Fitness (24 hr)	Morehead City	Office: (252) 648-8808
Sports Center	Morehead City	Office: (252) 726-7070
Golds Gym	Morehead City	Office: (252) 247-4653
Crossfit Emerald Isle/Crystal Coast Strength & Conditioning	Emerald Isle	Office: (252) 764-2398
Crossfit Carteret	Beaufort	Office: (252) 269-2722
Eastern Athletic Club	Beaufort	Office: (252) 728-1700
Iron Tide Crossfit	Morehead City	Office: 646-8489
Leon Mann Senior Center	Morehead City	Office: (252) 247-2626

PARKS & REC DEPARTMENTS

Emerald Isle Parks and Rec <i>(Rec Center Memberships Available)</i>	Emerald Isle	Office: (252) 354-6350
Morehead City Parks and Rec <i>(Rec Center Memberships Available)</i>	Morehead City	Office: (252) 726-5083
Carteret County Parks and Rec <i>*Visit www.ccparksrec.com for a list of Park Facilities and Walking Trails in the county*</i>	Beaufort	Office: (252) 808-3301
<ul style="list-style-type: none"> • Fort Benjamin Park Recreation Center <i>Open to the Public</i> • Western Park Community Center <i>Open to the Public</i> 	Newport	Office: (252) 222-5858
	Cedar Point	Office: (252) 393-1481 (252) 222-5836

FARM STANDS & LOCAL PRODUCE

Cooperative Extension Crystal Coast Produce	www.ces.ncsu.edu	
Carteret Local Food Network	Office: (252) 777-2359 www.carteretlocalfood.org	
Olde Beaufort Farmers Market Saturday, 8:30 am – 12:30 pm	Beaufort	Office: (252) 564-8822 www.beaufortfarmersmarket.com
Saturday Morning Curb Market Saturday, 8 am – 1 pm <i>**1st weekend in May through Labor Day weekend**</i>	Morehead City	Office: (252) 222-6352