

Columbia, South Carolina

COMMUNITY RESOURCE GUIDE

Food • Housing • Utilities • Health • Domestic Violence • Family Support • Seniors • Veterans • Employment • Legal & Crisis Resources

"Bear one another's burdens, and so fulfill the law of Christ." - Galatians 6:2

Need help and do not know where to start?

Dial **2-1-1** for community referrals. Richland Library Social Work can also help residents navigate food, housing, health care, SNAP, Medicaid, transportation, legal help, veterans benefits and other needs at **803-509-8371**.

Domestic violence or relationship abuse: Sistercare's confidential 24/7 crisis line is **803-765-9428**. Advocates provide crisis intervention, safety planning, emergency shelter assessment and referrals. If someone is in immediate danger, call **911**.

Important: Hours, eligibility, funding, pantry schedules and shelter availability can change. Call ahead whenever possible. Information checked in September 2026.

FOOD & NUTRITION ASSISTANCE

Harvest Hope Food Bank - Midlands

Address: 2220 Shop Rd., Columbia, SC 29201

Phone: 803-254-4432

Emergency food pantry and regional food-bank network. Current public listings show pantry hours Monday-Thursday 9:00 a.m.-1:00 p.m. and Friday 9:00 a.m.-12:00 p.m. Call to confirm requirements.

The Cooperative Ministry

Address: 3821 W. Beltline Blvd., Columbia, SC 29204

Phone: 803-799-3853

Emergency food assistance plus crisis and self-sufficiency programs. Services can also include clothing, financial counseling and limited rent/utility help when funding is available.

The Salvation Army of the Midlands

Address: 3024 Farrow Rd., Columbia, SC 29203

Phone: 803-765-0260

Food pantry/food boxes and other emergency social services. Ask specifically about the program needed and current documentation requirements.

St. Luke's Episcopal Church - Fresh Start

Address: 1300 Pine St., Columbia, SC 29204

Community food and basic-needs program offering emergency food, hot meals and services such as showers/laundry on scheduled service days. Call or check current schedule before visiting.

St. Joseph Catholic Church - St. Vincent de Paul Food Pantry

Address: 3600 Devine St., Columbia, SC 29205

Community pantry serving people needing food assistance. Public resource listings show Wednesday morning distribution; verify current hours.

Richland Library Social Work

Address: 1431 Assembly St., Columbia, SC 29201

Phone: 803-509-8371

Library social workers can connect residents to food resources and vouchers and help with SNAP applications and other benefits.

HOUSING, HOMELESSNESS & EMERGENCY SHELTER

Transitions Homeless Center

Address: 2025 Main St., Columbia, SC 29201

Phone: 803-708-4861

Full-service homeless-services campus for adults age 18+, including day services, shelter, meals, hygiene, case management, health connections, employment help, legal resources and pathways toward permanent housing.

Homeless No More / St. Lawrence Place

Address: 2411 Two Notch Rd., Columbia, SC 29204

Phone: 803-602-6379

Family-focused homelessness services and shelter/housing support for families with children. Call for intake and current availability.

Oliver Gospel

Address: 1100 Taylor St., Columbia, SC 29201

Phone: 803-254-6470

Faith-based homelessness and recovery services. Programs include men's services and Toby's Place for women and children experiencing homelessness and addiction.

Columbia Housing Authority

Address: Columbia, SC

Phone: 803-254-3886

Affordable housing and housing-assistance resource. Contact Columbia Housing for current property, program and waitlist information.

Richland County Emergency Solutions Grant / Community Development

Address: Richland County, SC

Phone: 803-929-6000

County programs support homelessness prevention and emergency housing services through funded community partners. The Ombudsman's One-Call Response Center can help direct residents to the appropriate county resource.

RENT, UTILITIES & EMERGENCY FINANCIAL HELP

The Cooperative Ministry

Address: 3821 W. Beltline Blvd., Columbia, SC 29204

Phone: 803-799-3853

May provide qualifying Richland County residents with rent, mortgage and/or utility assistance when funding is available. Income and responsibility for the bill must generally be documented.

Wateree Community Actions

Address: Columbia / Richland County

Phone: 803-807-9811

Community Action resource for energy and other anti-poverty assistance. Call for current LIHEAP/energy-assistance intake, eligibility and office information.

The Salvation Army of the Midlands

Address: 3024 Farrow Rd., Columbia, SC 29203

Phone: 803-765-0260

Emergency assistance can include rent/utility support when funds are available, along with food and other crisis services.

Richland Library Social Work

Address: 1431 Assembly St., Columbia, SC 29201

Phone: 803-509-8371

Provides resource navigation for housing, utilities, public benefits and other emergency needs.

MEDICAL, PUBLIC HEALTH & BENEFITS

Richland County Public Health Department

Address: 2000 Hampton St., Columbia, SC 29204

Phone: 803-576-2980

Public-health services include family planning, immunizations, sexual-health services, WIC and other health programs. Call for clinic-specific appointments and hours.

Richland Library Social Work

Address: 1431 Assembly St., Columbia, SC 29201

Phone: 803-509-8371

Can assist with health-care navigation, Medicaid, prescription assistance, Social Security Disability, SNAP, transportation and vision/dental resource connections.

Welvista

Address: Columbia, SC

Phone: 803-933-9183

Prescription-assistance resource for qualifying uninsured South Carolina residents. Eligibility requirements apply.

Mental Health / Suicide Crisis

Phone: Call or text 988

The 988 Suicide & Crisis Lifeline is available 24/7. Call 911 for immediate medical or physical danger.

WOMEN, DOMESTIC VIOLENCE & SURVIVOR SUPPORT

Abuse is not limited to physical violence. Threats, stalking, sexual violence, financial control, isolation, intimidation and technology monitoring can also be forms of abuse. A trained advocate can help build an individualized safety plan without requiring a survivor to make a particular decision.

Sistercare

Address: Mailing address: P.O. Box 1029, Columbia, SC 29202

Phone: 24/7 Crisis: 803-765-9428 | Office: 803-926-0505

Free, confidential domestic-violence services for survivors and children in the Midlands.

- 24-hour crisis intervention and emotional support
- Safety planning and emergency shelter assessment
- Secure confidential emergency shelter
- Individual and group counseling
- Child and family counseling
- Court advocacy and eligible legal representation
- Health-services advocacy
- Housing programs and economic-empowerment support

National Domestic Violence Hotline

Phone: 800-799-7233

Free confidential 24/7 support. Text START to 88788. If an abusive person may monitor a device, use a safer phone or computer when possible.

South Carolina Legal Services

Address: Columbia, SC

Phone: 803-799-9668

Free civil legal aid for eligible low-income South Carolinians. Survivors can ask about family-safety, housing and other civil legal issues; eligibility and case capacity apply.

CHILDREN, FAMILIES & PREGNANCY SUPPORT

Richland County WIC / Public Health

Address: 2000 Hampton St., Columbia, SC 29204

Phone: 803-576-2980

Nutrition education and food benefits for eligible pregnant/postpartum women, infants and children under age 5. Call the health department for WIC scheduling.

South Carolina Department of Social Services

Address: Richland County / Columbia

State benefits and family services, including SNAP and other assistance programs. MI-style terminology does not apply here; use South Carolina DSS or 2-1-1 for current application help.

Homeless No More / St. Lawrence Place

Address: 2411 Two Notch Rd., Columbia, SC 29204

Phone: 803-602-6379

Family shelter and housing-stability services for families experiencing homelessness.

Richland Library Social Work

Address: 1431 Assembly St., Columbia, SC 29201

Phone: 803-509-8371

A practical walk-in/call resource for families needing help connecting to benefits, food, housing, transportation, health care or legal assistance.

SENIORS & CAREGIVERS

Senior Resources

Address: Columbia / Richland County

Local aging-services organization serving older adults in the Midlands. Programs may include nutrition, transportation, wellness and support services. Call 2-1-1 or Richland County for current contact and program eligibility.

Richland County Health & Social Services

Address: 2020 Hampton St., Columbia, SC 29204

Phone: 803-929-6000

County resource navigation can direct older adults and caregivers to Senior Resources, public health and other local programs.

VETERANS

Columbia VA Health Care System - Homeless Veteran Care

Address: Columbia, SC

VA Health Care for Homeless Veterans helps eligible veterans who are homeless or at risk with immediate food/shelter, permanent-housing referrals, job training, education, financial-support referrals, addiction/mental-health treatment and health/dental care.

VA Regional Benefits / Veterans Resources

Address: Columbia, SC

Phone: 800-827-1000

Federal veterans-benefit information and claims assistance. Local veterans can also ask Richland Library Social Work for benefit navigation.

Veterans Crisis Line

Phone: 988, then press 1

24/7 crisis support for veterans, service members and loved ones. Text 838255 is also available.

EMPLOYMENT & JOB TRAINING

Columbia Urban League

Address: 1400 Barnwell St., Columbia, SC 29201

Phone: 803-799-8150

Employment, training and education programs serving Columbia-area residents. Call for current workforce programs and eligibility.

Transitions Career & Employment Support

Address: 2025 Main St., Columbia, SC 29201

Phone: 803-708-4861

For adults experiencing homelessness, Transitions connects clients to career, job-readiness and life-skills services as part of its wraparound support.

Richland Library Social Work

Address: 1431 Assembly St., Columbia, SC 29201

Phone: 803-509-8371

Can connect residents with employment, transportation, benefits and other stabilizing resources.

FREE & LOW-COST LEGAL HELP

South Carolina Legal Services

Address: Columbia, SC

Phone: 803-799-9668

Nonprofit civil legal aid for eligible low-income residents. Help may include housing, public benefits, consumer matters, family safety and other non-criminal civil issues.

Richland Library - Ask an Attorney / Social Work

Address: 1431 Assembly St., Columbia, SC 29201

Phone: 803-509-8371

The library's social-work program offers legal-resource navigation and periodically provides Ask an Attorney programming.

Sistercare Legal Advocacy

Address: Columbia / Midlands

Phone: 803-765-9428

Domestic-violence survivors can receive court advocacy, help understanding legal options and, after eligibility assessment, representation for certain Family Court matters.

QUICK REFERENCE - IMPORTANT NUMBERS

Need	Contact
Emergency police / fire / medical	911
Mental health / suicide crisis	988
Community referrals	211
Domestic violence - Sistercare 24/7	803-765-9428
National Domestic Violence Hotline	800-799-7233
Richland Library Social Work	803-509-8371
Harvest Hope Food Bank	803-254-4432
The Cooperative Ministry	803-799-3853
Transitions Homeless Center	803-708-4861
Homeless No More / families	803-602-6379
Oliver Gospel	803-254-6470
Salvation Army Midlands	803-765-0260
Richland County Public Health	803-576-2980
South Carolina Legal Services	803-799-9668
VA benefits	800-827-1000

WHEN YOU DON'T KNOW WHERE TO START

1. Dial 2-1-1

For general community referrals, including food, housing, utilities, health care, transportation and other needs.

2. Richland Library Social Work - 803-509-8371

A particularly useful local navigation point for food, housing, health care, SNAP, Medicaid, prescriptions, transportation, legal resources and veterans benefits.

3. Sistercare - 803-765-9428

For domestic violence, emergency shelter assessment, safety planning, counseling, court advocacy and confidential survivor services.

4. The Cooperative Ministry - 803-799-3853

For food, crisis assistance and possible rent/utility support when funding and eligibility allow.

Safety planning: Leaving an abusive relationship can be a high-risk time. A trained advocate can help plan around children, transportation, medications, documents, pets, finances, housing and technology safety. A personalized plan is safer than a generic checklist.

Compiled for community use. Verify hours, eligibility, funding and shelter availability directly with each organization.