

Mental Health Resources

988 | **MENTAL
HEALTH
LIFELINE**

Call, Text, or Chat 988 is a direct, three-digit lifeline that connects you with trained behavioral health professionals that can get all Oklahomans the help they need.

More info at www.988oklahoma.com

NATIONAL RESOURCES

Substance Abuse and Mental Health Services

Administration: <https://www.samhsa.gov/>

- 1-800-662-HELP (4357)
- SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Mental Illness Hotline: <https://nami.org/home>

- 1-800-950-6264
- NAMI (National Alliance on Mental Illness) provides treatment options and programs. They wish to "raise awareness and provide support and education that was not previously available to those in need."
- The NAMI hotline is available every Monday through Friday, from 10 a.m. – 6 p.m.

Student Veterans of America

Provide military veterans with the resources, support, and advocacy needed to succeed in higher education and following graduation.

- Website: <https://studentveterans.org>

The Jed Foundation

• Promoting emotional health and preventing suicide.

- Website: www.jedfoundation.org

The Trevor Lifeline (for LGBTQ youth)

Provides information & support to LGBTQ young people 24/7, all year round.

- 1-866-488-7386
- Website: <http://thetrevorproject.org>

LOCAL AND STATE RESOURCES



Oklahoma Youth Crisis Mobile Response

(Ages 24 and under)

Connection to a mental health professional in the youth's county within one to 24 hours.

- 1-833 885-CARE
- Website: <https://okfosters.org/youth-crisis-mobile-response/>

211 Oklahoma

For information and referrals (not a crisis line)

- Call 211
- Website: <https://www.211oklahoma.org/>

Red Rock Behavioral Health Services

- Services: Outpatient therapy, screening intake and referral, psychiatric rehabilitation, medication clinic services, services to homeless individuals, peer support, emergency services

CONTACT INFORMATION

- Phone: 1-405-275-7100 or 1-855-999-8055
- Address: 1336 N Harrison Ave
Shawnee, OK 74801

Human Trafficking Helpline- Confidential

- Local: 405.212.3377
- Toll Free: 855.674.4767
- <https://www.thedragonflyhome.org/services/human-trafficking-hotline/>

Convergent Health

- Services: comprehensive, evidence-based therapy for children, adolescents, and adults seeking support for mental health and substance use challenges.
- CONTACT INFORMATION
 - Phone: 405-303-5000
 - Address: 223 N 2nd St
Seminole, OK.

Lighthouse Behavioral Wellness Centers

- Services: Screening, assessment, counseling/therapy, and medications for those in need mental health services.
- CONTACT INFORMATION
 - Phone: (405)382-4507
 - Address: 2010 Boren Blvd,
Seminole, OK 74868

Additional Mental Health Resources

Crisis Text Line : Text SUPPORT to 741-741

The Crisis Text Line extends to everyone. Their goal "...is helping people move from a hot moment to a cool calm, guiding you to create a plan to stay safe and healthy. YOU = our priority." 24/7 help is available. Website: <https://www.crisistextline.org/>

FREE Mental Health Screenings:

- If you feel like you are struggling with your mental health, visit mhascreening.org (<https://screening.mhanational.org/screening-tools>) to take a mental health test and check your symptoms.
 - It's free, confidential, and anonymous.
 - Once you have your results, MHA will give you information and resources to help you start to feel better. You can also find resources in this handout.
 - Online screening tools are meant to be a quick snapshot of your mental health. If your results indicate you may be experiencing symptoms of a mental illness, share your results with a mental health provider (such as a doctor or a therapist) who can give you a full assessment and talk to you about options for how to feel better.
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Community Health Centers- This link is to the Oklahoma Primary Care Association website, which has a tool to locate the nearest CHCs for help: <https://www.okpca.org/community-health-centers>. CHCs provide wraparound services that offer all of their services in sliding fee scales based on the patients' incomes when they're uninsured. Below is also information for two behavioral health clinics that provide care for people who are uninsured.

Red Rock Behavioral Health Services

- (405) 424-7711; Toll Free: 1-855-999-8055
- Locations in Altus, El Reno, Chandler, Chickasha, Clinton, Elk City, Hobart, Kingfisher, Oklahoma City, Shawnee, Watonga, Yukon, Norman
- <https://www.red-rock.com/locations.php>

NorthCare

- (405) 858-2700
- 2617 General Pershing Blvd.
- OKC, OK 73107
- <https://www.northcare.com/>

NATIONAL HOTLINES

- **Suicide Prevention:** DIAL 988
- **Depression Hotline:** (877) 870-4673 (HOPE)
- **For Eating Disorders Help:** 1-800-931-2237
- **For Grieving and Loss- GriefShare:** 1-800-395-5755
- **Human Trafficking Helpline:** 1-855-674-4767
- **LGBTQIA+ National Hotline:** 1-888-843-4564
- **Mental Illness Hotline:** 1-800-950-6264
- **National Domestic Violence Hotline:** 1-800-799-SAFE
- **National Sexual Assault Hotline:** 1-800-656-4673
- **S.A.F.E. (Self Abuse Finally Ends):** 1-800-DONT-CUT

Youthline:

- **Text teen2teen to 839863, or call 1-877-968-8491**
- YouthLine provides a safe space for children and adults ages 11 to 21, to talk through any issues they may be facing, including eating disorders, relationship or family concerns, bullying, sexual identity, depression, self-harm, anxiety and thoughts of suicide.