

Mental Health Resources

LOCAL RESOURCES

Lighthouse Behavioral Wellness Centers

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

Red Rock Behavioral Health Services

- Services: Outpatient therapy, case management, screening intake and referral, psychiatric rehabilitation, medication clinic services, services to homeless individuals, peer support, emergency services, wellness activities and support, Health Team
- CONTACT INFORMATION
 - Phone: (405) 275-7100 or 1-855-999-8055
 - Address: 101 N. Union Shawnee, OK 74801

Gateway to Prevention

- Services: Treatment services for those affected by substance use disorder, mental health disorders, or other addictions.
- CONTACT INFORMATION
 - Phone: (405) 273-1170
 - Address: 1010 E 45th Street Shawnee, OK 74804

STATE RESOURCES



Oklahoma Youth Crisis Mobile Response Line

(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/>

NATIONAL RESOURCES



Suicide Prevention Lifeline

- The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.
- 1-800-273-TALK (8255)
- For veterans press 1
- En español oprima el 2
- Website: <http://suicidepreventionlifeline.org>

The Jed Foundation

Promoting emotional health and preventing suicide.

- Website: www.jedfoundation.org

The Trevor Lifeline (for LGBTQ youth)

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

Active Minds

Dedicated to raising mental health awareness among college students

- Website: www.activeminds.org

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>

Mental Illness Hotline

- 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.

Additional 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.

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) can give you a full assessment and talk to you about options for how to feel better.

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:** 1-800-273-TALK (8255)
- **Depression Hotline:** (877) 870-4673 (HOPE)
- **For Eating Disorders Help:** 1-800-931-2237
- **For Grieving and Loss- GriefShare:** 1-800-395-5755
- **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.