

ECU Campus Resource Guide



This resource guide focuses on behavioral health & related services and was compiled by the ECU Campus Suicide Prevention Grant Program for ECU students and employees. [Click Here](#) for additional community and national resources.

EMERGENCY OR CRISIS

- **In the case of an emergency**
 - Call 911
 - Call 580-332-3875 (ECU Police Department)
- **Suicide Crisis**
 - Call or Text 988 (Suicide and Crisis Lifeline)
- **Nonemergent/nonsuicide-related crisis**
 - Call 211 (United Way)
- **Poison Control Center**
 - 1-800-222-1222
- **National Domestic Violence Hotline**
 - 1-800-522-SAFE (7233)
 - 1-800-787-3224 TTY for the Deaf
 - 1-855-812-1001 (Video Phone)
- **National Child Abuse Hotline**
 - 1-800-4-A-CHILD (1-800-422-4453)
- **Family Crisis Center Domestic Violence 24 Hotline**
 - 1-580-436-3504
- **National Sexual Assault Hotline/Rape, Abuse & Incest National Network (RAINN)**
 - 1-800-656-HOPE (4673)
 - www.rainn.org
- **Trevor Project (LGBTQIA+ Support)**
 - Call or Text 1-866-488-7386

CAMPUS MENTAL HEALTH RESOURCES

- **ECU Counseling Center**

- Free and confidential counseling for students
 - Phone: (580) 559-5714
 - Email: ccenter@ecok.edu
 - Location: Memorial Student Union Building, Room 137B

- **Brandon Whitten Institute**

- Mental health, substance use, and suicide prevention and training office (For counseling, please visit the ECU Counseling Center.)
 - Phone: (580) 559-5815
 - Email: bwainstitute@ecok.edu
 - Location: 831 East Main Street Ada, OK 74820

- **Addiction and Behavioral Health Center**

- Up to 6 free and confidential counseling sessions for students and employees
 - Phone: (580) 332-3001
 - Email: bsmith@addictionbhc.org
 - Location: 230 E. 12th St, Ada, Oklahoma 74820 (off-campus)

- **Food Bank**

- Available to all currently enrolled ECU Students. No income requirements.
 - (580) 559-5208
 - Email: doubcar@ecok.edu
 - Application Link: https://cm.maxient.com/reportingform.php?EastCentralUniv&layout_id=10

- **Tribal Resources**

- Resources designed to help Indigenous students succeed
 - (405) 652-5372 (The Chickasaw Nation Recruitment and Retention Program)
 - Email: kale.lampkin@chickasaw.net
 - Follow the link for more information and additional resources: <https://www.ecok.edu/current-students/student-services/tribal-resources.php>

- **ECU's Veterans and Military Resource Center**

- Resources designed to help Veteran and Military students succeed
 - (580) 559-5541
 - Email: veteransupwardbound@ecok.edu
 - Location: 808 E. Main St. Ada, OK 74820

- **Career Center**

- Resources designed for students and alumni to identify, develop, and implement their career goals
 - Phone: (580) 559-5890
 - Email career@ecok.edu
 - Location: ECU Charles F. Spencer Administration Building, Room 163

- **Academic Success Center**

- Resources designed to help students succeed academically
 - Phone: (580) 559-5696
 - Email: asc@ecok.edu
 - Location: ECU Charles F. Spencer Administration Building, Room 262

- **Office of Testing and Accessibility**

- Resources designed to help students with disabilities succeed
 - Phone: (580) 559-5297
 - Email: tas@ecok.edu
 - Location: ECU Fentem Hall, Room 302

- **Tommy Hewett, M.D. Wellness Center**

- Provides quality fitness programs and facilities for ECU students, faculty, staff, and the community
 - Phone: (580) 559-5744
 - Email: bwilliams@ecok.edu
 - Location: Bill S. Cole University Center, Second Floor