

# REGIONAL MENTAL HEALTH AWARENESS REFERRAL & RESOURCE GUIDE

*This resource guide focuses on local youth services and was compiled by the Regional Mental Health Awareness Training (MHAT) Grant Program, in conjunction with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Council for Behavioral Health, to help support Youth Mental Health First Aiders following training.*

## IN AN EMERGENCY OR CRISIS

### For assistance in an emergency situation

Dial 911

### National Suicide Prevention Lifeline

1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish)

### Mental Health Crisis Emergency (YOUTH) – Pontotoc Co.

1-580-279-3310

### Mental Health Crisis Emergency for ADULTS in Pontotoc; for ADULTS & YOUTH in Johnston & Murray Co.

1-800-522-1090

### Mobile Response Team (for Children) - Statewide

1-833-885-2273

### Reach Out Hotline (Mental Health and Substance Abuse)

1-800-522-9054

### Oklahoma Bureau of Narcotics Sex Trafficking Hotline

1-855-617-2288

### Heartline Crisis Center (Statewide)

Dial 211

### Crisis Text Line National Runaway Safeline

Text "HOME" to 741741 1-800-786-2929

### Disaster Distress Helpline

1-800-985-5990 or text "TalkWithUs" to 66746

## DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

### National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)

### National Sexual Assault Hotline

1-800-656-HOPE (4673)

### National Domestic Violence Hotline

1-800-799-SAFE (7233)  
1-800-787-3224 (hearing impaired line)

### RAINN (Rape, Abuse & Incest National Network)

1-800-656-HOPE (4673)  
[www.rainn.org](http://www.rainn.org)

### Family Crisis Center Domestic Violence 24 Hotline – Pontotoc Co.

1-580-436-3504

### Oklahoma Safe Line (Domestic Violence Hotline)

1-800-522-7233

### Love Is Respect

1-866-331-9474

### Crisis Control Center Domestic Violence 24/7 Hotline – Johnston Co.

580-924-3030

## MEDICAL RESOURCES

### Ada Health First, INC

580-279-1788

### Arbuckle Memorial Hospital – Murray Co.

580-622-2161



**Arbuckle Family Health, APRN-CNP, LLC – Murray Co.**

580-279-9718

**ArbuckleMED Urgent Care – Murray Co.**

580-622-6134

**Chickasaw Nation Medical Center – Ada Location**

580-436-3980

**Chickasaw Nation Medical Center – Tishomingo Clinic**

580-371-2361

**Family Health Center of Southern Oklahoma – Johnston Co.**

580-371-2343

**Mercy Hospital Ada**

580-332-2323

**Mercy Hospital Tishomingo**

580-371-2327

**Urgent Care of Ada**

580-436-4400

BEHAVIORAL HEALTH TREATMENT RESOURCES			DESCRIPTION							
NAME	PHONE	ADDRESS	Youth	Adults	Families	Outpatient	Inpatient	Substance Abuse	Mental Health	Interpersonal Violence
Addiction and Behavioral Health Center	580-332-3001	231 E. 12 <sup>th</sup> St. Ada, OK	x	x	x	x		x		
Aalhakoffichi (A Place for Healing) Chickasaw Nation Adolescent Transitional Living Ctr.	405-331-2300	111 Arrowhead Dr. Pauls Valley, OK	x		x	x	x	x	x	
Biofeedback and Counseling	580-436-7120	2100 N. Broadway Ada, OK	x	x		x			x	
Chickasaw Nation Behavioral Health	580-421-4591	1921 Stonecipher Blvd., Ada, OK	x	x	x	x			x	
Chickasaw Nation Healthy Lifestyles	580-332-6345	3115 E. Arlington Blvd, Bdg 1, Ada, OK		x	x		x	x	x	
Chickasaw Nation Outpatient Services	580-436-1222	1300 Hoppe Blvd, Ste 6, Ada, OK	x		x	x		x	x	
Chickasaw Nation Violence Prev. Services	580-272-5580	1400 Hoppe Blvd, Ste 3, Ada, OK	x	x		x				x
Children’s Justice Center	405-262-0202	7905 E. Hwy 66 El Reno, OK	x			x	x	x		
Children’s Recovery Center	405-573-3819	320 12 <sup>th</sup> Ave. NE Norman, OK	x				x	x	x	
Jack Brown Treatment Center	918-453-5500	1397 Missionary Circle, Tahlequah, OK	x				x	x		
The Jetty Counseling Center	580-279-1321	124 S. Broadway, Ste. 402, Ada, OK	x	x	x	x		x	x	
Lighthouse Behavioral Wellness Centers (formerly MHSSO)	580-436-2690	111 E. 12 <sup>th</sup> St. Ada, OK	x	x	x	x		x	x	
Multi-County Counseling	580-235-0210	314 S. Broadway Ave #106, Ada, OK	x	x	x	x		x	x	
Oklahoma Families First	580-310-9000	1705 S. Craddock Ada, OK	x	x	x	x		x	x	



Our House MHSA	580-319-7694	115 East Main Davis, OK	x	x	x	x		x	x	
Pathways	580-332-6851	1201-G Arlington Ada, OK	x	x	x	x		x		
Rolling Hills	580-436-3600	1000 Rolling Hills Ln, Ada, OK	x	x	x		x	x	x	
Southern Plains	405-217-8400	4201 24 <sup>th</sup> Ave. NW Norman, OK	x				x		x	
Southeastern OK Family Services	580-235-0274	124 S. Broadway Ada, OK	X	X	X	X			X	
Tulsa Boys Home, Inc.	918-245-0231	2727 S. 137th W. Ave., Sand Springs, OK	X				X	X		
Unity Point Counseling Services & Resource Center (formerly Ada Youth Shelter)	580-436-6130	901 W. 18 <sup>th</sup> St. Ada, OK	x	x	x	x		x	x	
Jana J. Webb, LPC	580-559-1356	16050 CR 1565 Ada, OK 74820	X	X	X	X				X
White Horse Ranch	580-994-5649	1601 Wilkie Rd. Mooreland, OK	X				x	x	x	x

## ADDITIONAL TREATMENT RESOURCES

**SAMHSA’s National Helpline** provides free, 24-hour information and referral assistance to treatment facilities, support groups, and community organizations. 1-800-662-HELP (4357)

**National Alliance on Mental Illness (NAMI) Information HelpLine** provides information and referral services. 1-800-950-NAMI (6264)

**National Council for Behavioral Health** can assist you in finding a local provider of behavioral health services and support. [www.theNationalCouncil.org](http://www.theNationalCouncil.org) (click “Find a Provider”)

## OTHER RESOURCES

### Ada Boys and Girls Club

580-332-3717  
[www.bgcada.com](http://www.bgcada.com)

### Ada Homeless Services

580-272-0211  
[www.adahomelessservices.org](http://www.adahomelessservices.org)

### Ada Regional United Way

580-332-2313  
[www.adaunitedway.org](http://www.adaunitedway.org)

### Care Cottage (Child Advocacy Center in Pontotoc Co.)

580-332-6677

### Chickasaw Nation Boys & Girls (Murray Co.)

580-622-8302

### Chickasaw Nation Social Services (Murray Co.)

580-622-2888

### Chickasaw Nation Prevention Services (Pontotoc Co.)

<https://chickasawn.net/Services/Prevention-Services.aspx>

### Early Childhood Advisory Council (Pontotoc Co.)

[www.adaunitedway.org/ECAC](http://www.adaunitedway.org/ECAC)

**INCA Community Services Johnston County**

580-371-2352

**INCA Community Services Murray County**

580-622-5206

**Johnston County Health Department**

580-371-2470

**Murray County Health Department**

580-622-3716

**National Runaway Safeline**

1-800-786-2929

**Oklahoma School for the Deaf – Murray Co.**

580-622-4900

**Pontotoc County Health Department**

580-332-2011

**Pontotoc County Drug Free Coalition**

580-559-5990

[www.pcdfc.org](http://www.pcdfc.org)

**Regional MHAT Grant**

580-559-5161

<https://www.ecok.edu/centers-and-programs/brandon-whitten-institute/project-aware-grant>

**Mental Health First Aid Website**

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

**National Child Traumatic Stress Network**

<http://www.nctsn.org/>

**Boys Town Crisis Hotline**

1-800-448-3000

**Safe Alternatives to Cutting**

1-800-366-8288

**Human Trafficking Resource Center**

1-888-373-7888

***Please consult your Mental Health First Aid Manual for additional resources at the end of each section.***

**For more information or questions about this resource manual or about Mental Health First Aid training, please contact the Regional Mental Health Awareness Training (MHAT) Grant staff.**

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