

# ECU Campus & Community RESOURCE GUIDE

*This resource guide focuses on behavioral health & related services and was compiled by the ECU Campus Suicide Prevention Grant Program (GLS Grant), to help support QPR Gatekeepers following training.*

## IN AN EMERGENCY OR CRISIS

<b>For assistance in an emergency situation</b> Dial 911	<b>National Suicide Prevention Lifeline</b> 1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish)
<b>Mental Health Crisis Emergency (YOUTH)</b> 1-580-279-3310	<b>Mental Health Crisis Emergency (ADULT)</b> 1-800-522-1090
<b>ECU Campus Police</b> 1-580-559-5555 or 1-580-332-3875	<b>Crisis Text Line</b> Text "HOME" to 741741
<b>National Runaway Safeline</b> 1-800-786-2929	<b>Reach Out Hotline (Mental Health and Substance Abuse)</b> 1-800-522-9054
<b>Oklahoma Bureau of Narcotics Sex Trafficking Hotline</b> 1-855-617-2288	<b>Disaster Distress Helpline</b> 1-800-985-5990 or text "TalkWithUs" to 66746

## CAMPUS RESOURCES

<b>ECU Student Counseling Center</b> 1-580-559-5714	<b>ECU Campus Suicide Prevention Grant</b> 1-580-559-5819
<b>Health Services</b> 1-580-559-5713	<b>Veterans Student Support Services</b> 1-580-559-5740
<b>Career Development</b> 1-580-559-5253	<b>Testing and Accessibility Services</b> 1-580-559-5297 or 1-580-559-5677
<b>International Students Program</b> 1-580-559-5669	<b>Brandon Whitten Institute for Addiction and Recovery</b> 1-580-559-5720

## DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

<b>National Child Abuse Hotline</b> 1-800-4-A-CHILD (1-800-422-4453)	<b>National Sexual Assault Hotline</b> 1-800-656-HOPE (4673)
<b>National Domestic Violence Hotline</b> 1-800-799-SAFE (7233) 1-800-787-3224 (hearing impaired line)	<b>RAINN (Rape, Abuse &amp; Incest National Network)</b> 1-800-656-HOPE (4673) <a href="http://www.rainn.org">www.rainn.org</a>
<b>Family Crisis Center Domestic Violence 24 Hotline</b> 1-580-436-3504	<b>Oklahoma Safe Line (Domestic Violence Hotline)</b> 1-800-522-7233
<b>Love Is Respect</b> 1-866-331-9474	

## ADDITIONAL BEHAVIORAL HEALTH RESOURCES

BEHAVIORAL HEALTH TREATMENT RESOURCES			DESCRIPTION							
NAME	PHONE	ADDRESS	Youth	Adults	Families	Outpatient	Inpatient	Substance Abuse	Mental Health	Interpersonal Violence
<b>Addiction and Behavioral Health Center</b>	580-332-3001	231 E. 12 <sup>th</sup> , Ada, OK	x	x	x	x		x		
<b>Biofeedback and Counseling</b>	580-436-7120	2100 N. Broadway Ada, OK	x	x		x			x	
<b>Chickasaw Nation Behavioral Health</b>	580-421-4591	1921 Stonecipher Blvd., Ada, OK	x	x	x	x			x	
<b>Chickasaw Nation Healthy Lifestyles</b>	580-332-6345	3115 E. Arlington Blvd, Bdg 1, Ada, OK		x	x		x	x	x	
<b>Chickasaw Nation Outpatient Services</b>	580-436-1222	1300 Hoppe Blvd, Ste 6, Ada, OK	x		x	x		x	x	
<b>Chickasaw Nation Violence Prev. Services</b>	580-272-5580	1400 Hoppe Blvd, Ste 3, Ada, OK	x	x		x				x
<b>The Jetty Counseling Center</b>	580-279-1321	124 S. Broadway, Ste. 402, Ada, OK	X	X	X	X		X	X	
<b>Lighthouse Behavioral Wellness Center</b>	580-436-2690	111 E. 12 <sup>th</sup> St. Ada, OK	x	x	x	x		x	x	
<b>Multi-County Counseling</b>	580-235-0210	314 S. Broadway Ave #106, Ada, OK	x	x	x	x		x	x	
<b>Oklahoma Families First</b>	580-310-9000	1705 S. Craddock Ada, OK	x	x	x	x		x	x	
<b>Pathways</b>	580-332-6851	1201-G Arlington Ada, OK	x	x	x	x		x		
<b>Rolling Hills</b>	580-436-3600	1000 Rolling Hills Ln, Ada, OK	x	x	x		x	x	x	
<b>Southeastern OK Family Services</b>	580-235-0274	124 S. Broadway Ada, OK	X	X	X	X			X	
<b>Unity Point Counseling Services &amp; Resource Center (formerly Ada Youth Shelter)</b>	580-436-6130	901 W. 18 <sup>th</sup> St. Ada, OK	x	x	x	x		x	x	
<b>Jana J. Webb, LPC</b>	580-559-1356	16050 CR 1565 Ada, OK 74820	X	X	X	X			X	
<b>Oakwood Springs – Help for Heroes: Active Duty Service Members, Veterans, First Responders &amp; High-Risk Frontline Professionals</b>	405-400-0255	13101 Memorial Springs Court Oklahoma City, OK 73114		x		x	x	x	x	

## GAY, LESBIAN, BISEXUAL, TRANSGENDER SUPPORT RESOURCES

### GLBT National Help Center

1-888-843-4564  
[www.glnh.org](http://www.glnh.org)

### Trevor Project Crisis Line – LGBTQ Youth

1-866-4-U-TREVOR (488-7386)  
[www.theTrevorProject.org](http://www.theTrevorProject.org)

## SELF-HELP RESOURCES AND GROUPS

### Alcoholics Anonymous

405-842-1200  
<http://www.aaoklahoma.org/>

### Al-Anon Family Groups

1-888-425-2666  
[www.al-anon.alateen.org/local-meetings](http://www.al-anon.alateen.org/local-meetings)

### Dual Recovery Anonymous Network

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

### Celebrate Recovery

<http://grouplocator.crgroups.info/>

### National Association of Anorexia Nervosa & Associated Disorders

1-630-577-1330 [www.anad.org](http://www.anad.org)

### Gamblers Anonymous

1-800-522-4700  
<http://www.gamblersanonymous.org/ga/>

### Real Warriors – Service Members, Veterans & Military Families

<https://www.realwarriors.net/>

### Narcotics Anonymous

1-888-GET-HOPE (438-4673) (Hopeline)  
[www.na.org/meetingsearch](http://www.na.org/meetingsearch)

### Nar-Anon Family Groups

1-800-477-6291  
[www.nar-anon.org/find-a-group](http://www.nar-anon.org/find-a-group)

### White Bison

1-877-871-1495 [www.whitebison.org](http://www.whitebison.org)

### National Eating Disorder Association

1-800-931-2237 [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

### NA Meetings for Youth (in Ada) held at Reaper Baptist Church

580-332-9233  
3301 N. Broadway Ave, Ada, OK

### Man Therapy – Mental Health Resource for Men

<http://www.mantherapy.org>

## ADDITIONAL SERVICE DIRECTORIES

### Chickasaw Nation Services Directory

[www.chickasaw.net/Services/Programs-and-Services-Directories.aspx](http://www.chickasaw.net/Services/Programs-and-Services-Directories.aspx)

### Oklahoma Helpline (help with food, housing, health care, counseling, etc.)

Dial 211

### Oklahoma Dept. of Mental Health and Substance Abuse Services Yellow Pages

<http://ok.gov/odmhsas/documents/CertProv11-14Web.pdf>

### Oklahoma Dept. of Mental Health and Substance Abuse Services Youth & Family Services

[http://ok.gov/odmhsas/Mental\\_Health/Children\\_Youth\\_and\\_Family\\_Services/index.html](http://ok.gov/odmhsas/Mental_Health/Children_Youth_and_Family_Services/index.html)

For additional training opportunities follow us on facebook and visit our websites:

### Facebook

[Brandon Whitten Institute for Addiction & Recovery](#)

### Websites

<https://www.ecok.edu/current-students/student-services/centers-programs/brandon-whitten-institute-addiction-and-recovery>

<https://brandonwhitteninstitute.thinkific.com>

For more information or questions about this resource manual or about the ECU Campus Suicide Prevention Grant Program (GLS Grant), please contact:

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