

Community Resource List

Information & Referral

Community Referrals and Info.	211
Babyline (Prenatal care)	918-838-0694
Child Care Resource Center	918-834-2273
Mental Health Assoc.	918-585-1213
OASIS (Disabled adults)	918-749-6969
Oklahoma Equality Center	918-743-4297
Planline	918-838-0697
Indigent Women's/Prenatal/Sexual Health referrals.	
Planned Parenthood	800-230-7526
(Tulsa Clinic)	918-587-1101

Legal Services

Disability Law Center	800-226-5883
Disability Alliance for the Mentally Ill	918-743-6220
Lawyer Referral Service	918-587-6014
Legal Aid	918-295-9450
Legal Services of E. Oklahoma	918-584-3338
Neighbor for Neighbor	
Legal Clinic	918-425-5578
Tulsa Cnty. Bar Assoc.	918-584-5243
University of Tulsa	
Boesche Legal Clinic	918-631-5799
Resonance Center for Women	918-587-3888
YWCA Legal Consultation	918-663-0377

Assistance with Basic Needs

Boston Ave Helping Hands	918-584-6923
Broken Arrow Neighbors	918-836-4357
Catholic Charities	918-949-4673
Community Action Project	918-382-3200
Emergency Infant Services	918-582-2469
LIFE Senior Services	918-664-9000
Loaves and Fishes	918-234-8577
Neighbor for Neighbor	918-425-5578
Neighbors Along the Line	918-582-3491
Salvation Army	918-582-7201
Sand Springs Community Svcs	918-245-5183
Tulsa Co Social Services	918-596-5560
Western Neighbors	918-445-8840

Housing Assistance

HUD	918-581-7434
Neighbor for Neighbor	918-425-5578
Tulsa Housing Authority	918-582-0021
Mental Health Assoc. of Tulsa	918-585-1213

Prescription Assistance

Easter Seals	918-743-2311
Neighbor for Neighbor	918-425-5578
Restore Hope Ministries	918-582-5766
Tulsa Co. Social Services	918-596-5560
Western Neighbors	918-445-8840

Dental Care

Eastern Oklahoma Donated Dental Services	
Private Dental Services	918-742-5544
D-Dent (Elderly & Developmentally Disabled)	918-610-0855
Indian Health Care Resource Center	918-588-1900
Morton Health Care	918-587-2171
Neighbor for Neighbor	918-425-5578
Tulsa City/County Health Dept (Under 18 years of age)	918-594-4860

Hearing

St Francis Hospital (Broken Arrow)	918-455-3535
Department of Rehabilitation	918-836-5556
Easter Seals	918-743-2311
Tulsa City/County Health Dept (Under 18 years of age)	918-594-4780
Tulsa Speech and Hearing Assoc.	918-832-8742
University of Tulsa Chapman Center for Communicative Disorders	918-631-2504

Visual Care

Community Action Project	918-382-3200
Department of Rehabilitation	918-836-5556
Easter Seals	918-743-2311
Indian Health Care Resource Center	918-588-1900
Neighbor for Neighbor	918-425-5578
Prevent Blindness Oklahoma	918-496-3484

Shelters

Catholic Charities	918-949-4673
Day Center for the Homeless	918-556-6425
Day Spring Villa (Women&Children)	918-245-4075
Domestic Violence Intervention Services	918-585-3163
John 3:16 Men's Shelter	918-587-1186
Salvation Army	918-582-7201
Tulsa Co. Social Services	918-596-5560
Youth Services	918-582-0061

Mental/Behavioral Health Services

Oklahoma Consumer Advocate	918-581-2805
Shadow Mtn Behavioral Health	918-492-8200
COPEs (County-wide mobile crisis outreach)	918-744-4800
Counseling Center	918-258-3394
Center for Counseling & Education	918-747-6800
Domestic Violence Intervention Services (DVIS)	918-585-3163
Family & Children's Services	918-587-9471
Human Skills & Resources	918-747-6377
Indian Healthcare Resources	918-588-1900 x8
Mental Health Assoc of Tulsa	918-585-1213
New Choice	918-663-6057
OSU Psychiatry	918-561-8474
OU Psychiatry	918-660-3130
Parent Child Center	918-599-7999
Resonance	918-587-3888
Tulsa Alliance for the Mentally Ill	918-582-8264
YWCA	918-587-2100

Medicaid/Soonercare Providers

Parkside Mental Health	918-588-8888
Associated Centers for Therapy	918-492-2554

Grief Counseling

Floral Haven Cemetery	918-459-1597
Tristesse Center	918-587-1200

Court Ordered Drug/Mental Health Evals

Human Skills & Resources	918-747-6377
New Choice	918-663-6057

Medical Services

Kidslines	918-583-5437
Planline	918-838-0697
OSU Health Care Center	918-582-1980
OU Health Sciences Center	
Internal Medicine	918-619-4100
Pediatric Clinic	918-619-4300
Family Medicine	918-619-4600
Women's Clinic	918-619-4200
Tulsa Co Health Dept	918-582-9355
Child Health	918-582-9355
Maternal Health	918-594-4800
Neighbor for Neighbor	918-425-5578
Neighbors Along the Line	918-582-3491
Planned Parenthood	918-587-1101
Tulsa Co Social Services	918-596-5560
Morton Health	918-587-2171

Drug & Alcohol Treatment

AA (Alcoholics Anonymous)	918-627-2224
Al-Anon	918-627-9114
12&12	918-664-4224
Metro. Tulsa Counseling Services	918-428-8888
Palmer Drug Abuse Program (Teens)	918-832-7763
NA (Narcotics Anonymous)	918-747-0017
Monarch (Muskogee)	918-683-0124
Tulsa Women's and Children's	918-430-0975
Tulsa Center for Behavioral Health	918-293-2113
The Oaks Rehabilitation Center	918-423-4010
Vinita Drug and Alcohol Center	918-256-6308

Private Mental Health/Substance Abuse

Brookhaven	918-438-4257
Hillcrest	918-579-7180
Laureate	918-481-4000
Parkside Mental Health	918-588-8888
St. Johns	918-744-3900
Riverside Counseling	918-524-3300

Department of Human Services

Downtown	918-581-2401
North	918-428-6304
East	918-294-2000

Helpful Numbers

Child Support Enforcement	918-581-2203
Credit Counseling Centers of OK	918-744-5611
Department of Rehab (Voc Rehab)	918-581-2301
Protective Orders	918-596-4805
Domestic Violence Intervention Serv.	918-592-2060
Social Security Administration	918-641-2400
State Department of Health	
Vital Records	405-271-4040
Victim Witness Center	918-596-4915

Emergency Numbers

Child Abuse Reports	1-800-522-3511
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COPEs

(Mobile Mental Health Crisis) 918-744-4800	
Center for Missing & Exploited	
Children	1-800-843-5678
DVIs Crisis Line	918-743-5763
	(7 HELP ME)

Police/Fire/Ambulance 911

Poison Control Center	1-800-222-1222
Teen Hotline	1-800-522-8336

Tulsa Center for Behavioral Health (TCBH)

24hrs/7days Mental Health Crisis	918-293-2100
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Crisis Care Center FICS

918-587-9471

TULSA COUNTY RESOURCE LIST

MEDICAL CLINIC

Monday 6 PM
 Tuesday 9 AM, 1 PM and 5 PM
 Wednesday 6 PM
 Thursday 1 PM

Addiction Services

AA (Peer Support) 918-627-2224
 Al-Anon (Peer Support) 918-627-9114

PRESIDENTIAL

North Care Family Treatment 405-282-8232

Monday
 Tuesday 9 AM 918-252-5739
 Wednesday 9 AM
 Thursday McAlester Oaks Rehabilitation 918-423-6030

Muscogee Monarch 918-683-0124
 Narcotics Anonymous 918-747-0017
 OKC Drug Recovery 405-232-7215
 Overeater anonymous 918-731-4102
 Palmer Recovery Center 918-832-7763
 Tulsa Women & Children Center 918-430-0987
 12 & 12 918-664-4224

Health Education

DENTAL

Diabetes Health Awareness 918-619-4563
 Alzheimer's Association 918-392-5000
 OK health ageing initiative 918-584-7526
 Morton Health Services 918-587-2171

DENTAL HYGIENE AND RESTORATIVE

Tuesday 6 PM appointment only
 Call 425-5575 after 7 PM for appointment.

EYEGLASS PRESCRIPTION INTAKE

Monday, Tuesday, & Thursday 6 PM
 Adults: \$25.00 Children: \$10.00

NFN FAMILY SERVICES - 425-5577

Monday-Thursday 9 AM - 1 PM

NFN LEGAL SERVICES - 425-5577

Monday-Thursday 9 AM - 1 PM

NFN is closed for the month of August

NEIGHBOR FOR NEIGHBOR CLINIC *
1506 EAST 46TH STREET NORTH
TULSA, OKLAHOMA 74126
TELEPHONE: 425-5595

MEDICAL CLINIC

Monday 6 PM
 Tuesday 9 AM, 1 PM and 6 PM
 Wednesday 6 PM
 Thursday 1 PM and 5 PM

PRESCRIPTION SCREENING

Monday 10 AM-Noon, 1 PM
 Tuesday 9 AM-Noon, 1 PM
 Wednesday 10 AM-Noon, 1 PM
 Thursday 10 AM-Noon, 1 PM

- * Patient needs original prescription, not the bottle.
- * Patient needs social security number, birthdate, and monthly income.
- * Patient may pick up medication at 7 PM same day or after 10 AM the next day.
- * Family members may bring in prescription.
- * The Clinic DOES NOT assist with narcotics, psychiatric, or other medications such as Tagamet, Zantac, or Prilosac.
- * Prescription assistance for out-of-county patients every 3 months.

DENTAL EXTRACTIONS

Monday/Wednesday 6 PM
 Schedule evening appointments by calling 425-5595 at 10 AM on Monday and Wednesday.

DENTAL HYGIENE AND RESTORATIVE

Tuesday 6 PM appointment only
 Call 425-5595 after 7 PM for appointment.

EYEGLOSS PRESCRIPTION INTAKE

Monday, Tuesday, Wednesday 6 PM
 Adults: \$25.00 Children: \$10.00

NFN FAMILY SERVICES – 425-5578

Monday-Thursday 9 AM-3 PM

NFN LEGAL SERVICES – 425-5571

Monday-Thursday 9 AM-3 PM

NFN is closed for the month of August.

Medication/Prescriptions

Catholic Charities	918-585-8167
Church Pharmacy	918-435-8877
Freshend Brown	918-743-4493
GenScripts	918-818-3888
HealthWell Foundation	800-675-6416
Helping Hands	918-584-6923
Neighbor for Neighbor	918-425-5595
OK Drug Card	www.okdrugcard.com
Tulsa Baptist Ministry	918-585-5311
Tulsa County Pharmacy	918-596-5560
Boxton Avenue Helping Hands	918-584-6923
Sted	
Baptist Ministry Center	918-585-5310
Broken Arrow Neighbors	918-251-7781
Bobo St. Clements Outreach	918-565-9721
Catholic Charities	918-585-8167
Care Com Friends of Sapulpa	918-224-6464
Church that Matters	918-512-1458
Arms Around Broken Arrow	918-258-7714
Day Center	918-585-5588
Dream Center	918-430-9981
Emergency Infant Services	918-583-2469
GUTs Church	918-623-3927
Helping Hands	918-584-6923
Helpline	211
John 3:16	918-512-1138
Central Whittier Communities	918-588-1000
Conner and Pichas	918-254-9177
Manna House	918-585-5588
Neighbor for Neighbor	918-425-5595

TULSA COUNTY RESOURCE LIST

Medical Clinics

Bedlam Evening Clinic	918-619-4555
Broken Arrow Neighbors	918-251-7781
Community Health Connection	918-622-0641
Care Com Friends of Sapulpa	918-224-6464
Day Center Clinic	918-583-5588
Good Samaritan	918-710-4222
Indian Health Care Center	918-588-1900
Morton Clinic	918-587-2171
Neighbors Along the Line	918-582-3491
Neighbor for Neighbor	918-425-5578
OSU Family Medicine	918-599-1000
OSU Internal Medicine	918-599-1000
OU Community Health	918-619-4400
Tulsa County Social Services	918-596-5560
Xavier	918-583-7233

Diabetic Resources

American Diabetes Association	918-492-3839
Diabetic Health Education	918-619-4563

LGBTQ & HIV

Equality Center	918-743-4297
Hope Testing Clinic	918-749-8378
Ryan White Clinic	918-382-5058
Tulsa Cares	918-834-4194
Tulsa Health Department	918-594-4780
Tulsa Youth Services	918-582-0061

Pain Clinics

Specialty Pain Management	918-481-6494
Tulsa Pain Consultants	918-742-7030

Medication/ Prescriptions

Catholic Charities	918-585-8167
Couch Pharmacy	918-835-9577
Freeland Brown	918-743-4491
GenScripts	918-828-9696
HealthWell Foundation	800-675-8416
Helping Hands	918-584-6923
Neighbor for Neighbor	918-425-5595
OK Drug Card	www.oklahomadrugcard.com
Tulsa Baptist Ministry	918-585-5310
Tulsa County Pharmacy	918-596-5560
Boston Avenue Helping Hands	918-584-6923

Food

Baptist Ministry Center	918-585-5310
Broken Arrow Neighbors	918-251-7781
Bixby St. Clements Outreach	918-366-9721
Catholic Charities	918-585-8167
Care Com Friends of Sapulpa	918-224-6464
Church that Matters	918-512-1486
Arms Around Broken Arrow	918-258-7714
Day Center	918-583-5588
Dream Center	918-430-9984
Emergency Infant Services	918-582-2469
GUTs Church	918-622-3927
Helping Hands	918-584-6923
Helpline	211
John 3:16	918-592-1186
Kendall Whittier (Area Residents)	918-592-3000
Loaves and Fishes	918-234-8577
Manna House	918-836-5541
Neighbor for Neighbor	918-425-5578

TULSA COUNTY RESOURCE LIST

Owasso Community Resources	918-272-4969	Sand Springs Com Services	918-245-5183
Restore Hope	918-582-5766	Salvation Army (Tulsa)	918-587-7801
Salvation Army	918-587-7201	(Sand Springs)	918-245-2237
Sand Springs Com Services	918-245-5183	Skiatook Emergency Assist	918-396-1137
Skiatook Emergency Assist	918-396-1137	Restore Hope	918-582-5766
South Tulsa Community House	918-742-5597	Wagoner Area Neighbors	918-485-2309
Sodexo	918-835-4160	<u>Senior Services</u>	
Caring Com Friends Sapulpa	918-224-6464	Alzheimer's Association	918-392-5000
Tri County CAP	918-486-2471	Area Agency on Aging (INCOG)	918-579-9477
Tulsa Social Services	918-596-5560	Caregiver Phone Support Group	800-272-3900
Wagoner Area Neighbors	918-485-2309	Legal Aid of Oklahoma	1-888-534-5243
Boston Avenue Helping Hands	918-584-6923	Life Senior Services	918-664-9000
Disabled American Veterans	918-834-4643	Meals On Wheels	918-627-4103
First Baptist	918-587-6068	Oasis Adult Day Programs	918-224-0410
Neighbors Along the Line	918-584-1111	<u>Shelters</u>	
Eastland AOG Church	918-437-2590	Day Center for the Homeless	918-583-5588
GUTs Church	918-622-3927	John 3:16 Family/Youth Center	918-592-1186
<u>Utilities</u>		John 3:16 Men's Shelter	918-587-1186
Arms Around BA	918-258-7714	Salvation Army (Tulsa)	918-587-7801
American Legion (Veterans)	918-584-4274	(Sand Springs)	918-245-2237
Broken Arrow Neighbors	918-251-7781	Tulsa Social Services	918-596-5583
Boston Avenue Helping Hands	918-584-6923	<u>Housing</u>	
Care Com Friends of Sapulpa	918-224-6464	Catholic Charities	918-585-8167
DHS Downtown	918-581-2401	Charles Page Family Village	918-245-6592
DHS North	918-430-2300	OK Housing Finance Agency	800-256-1489
Disabled American Veterans	918-834-4643	Dayspring Villa	918-245-4075
First Baptist	918-587-6068	Glory House (Single Only)	918-584-1808
Harvest House	918-884-7667	Habitat for Humanity	918-592-4224
Helpline	211	Tulsa Housing Authority	918-582-0021
Neighbors Along the Line	918-584-1111	Volunteers of America	918-307-1500
Owasso Community Resources	918-272-4969	Youth Services	918-582-0061

Men's Transitional Living Resources

John 3:16

New Creation Recovery Program, approx. 11 months, faith based, live-in.

918-587-1186

H.O.W. Foundation

6+ month residential substance abuse program for men who do not need medically complicated detoxification.

918-252-5739

Oxford House, Inc.

Clean and sober living homes for men and women. Democratically run. House by house basis. Applicants can go to oxfordvacancies.com to find available houses and phone numbers to each individual home and to start the application process.

Thomas Floyd, outreach manager.

918-936-2067

Exodus House

Assists men and women with reintegration from Dept. of Corrections. 6 month temporary residential program.

918-382-0905

Life Gate Homes

Sober living homes for men.

Bill Bateman, director.

918-378-6912

Tulsa Reentry One Stop

Education, employment training and supportive services for mental health and substance abuse for men and women ages 18-24 residing in Tulsa.

Must have past or current court involvement.

918-938-6141

Wings of Freedom

Faith based, sober living program for individuals and families. Housing available for men, women, families, and those recently exiting the Department of Corrections. Must give clean urine analysis before entering program.

918-584-8879

Liberty House

Two year transitional living for veterans.

918-445-2920

Restoring Lives Transitional Housing

Provides affordable housing for men experiencing homelessness or at-risk for experiencing homelessness.

918-445-2900

Salvation Army

918-582-7201

Project ABLE Program is offered by the Salvation Army for individuals who are single and experiencing homelessness. Some assistance may be offered for food, housing, emergency expenses, and bills.

Nufresh Start Recovery Homes

918-378-7044

Sober living homes for men and women. Applicants can go to Nufreshstart.org to find available houses and phone numbers to each individual home. Ask for Doug Sizemore when calling.

Reentry Intensive Care Coordination Team

918-582-1200

Through Family & Children's Services. Helps with all aspects of reintegration after prison: mental health, housing, transportation, employment, case management, support services, and government assistance.

Mama's Transitional Housing

918-688-7850

Sober living for men and women 21 and older. 90+ days. Co-ed and separate homes available. Drug and alcohol free. Ask for Cynthia.

Counseling and Recovery Services

918-492-2554

Outpatient substance abuse and mental health services. Berry Creek apartments and housing available to established clients.

Hope Housing of Green Country

918-256-7825

Tulsa HUD apartments, available only to those with developmental disabilities/dual diagnoses. Intake coordinator is Megan Phillippe.

Green Country Adult and Teen Challenge

918-512-8110

One year residential treatment program for men, women, and teens. Substance abuse and mental health. Faith based.

Emergency Shelters & Programs

Salvation Army

918-582-7201

Tulsa Day Center

918-583-5588

Tulsa County Social Services

918-596-5591

John 3:16

918-587-1186

Youth Services

918-582-0061

**last updated 12/13/19*

Women's Transitional Living Resources

Pearls of Hope-Circle of Care

918-583-9506

Provides housing and support services for single mothers & their children. The spacious Frances E. Willard Ministry Center allows acceptance of families of most any size and children (boys and girls) up to age 18. 18-24 month long program. Not a sober living program. Drug free.

Madonna House of Catholic Charities

918-585-5186

Residential program for women 18 and older who are expecting or have young infants.

Charles Page Family Village

918-245-6592

Formerly known as the Widow's Colony, is a program designed to help single/widowed/divorced mothers get on their feet. Women are provided with all expenses paid housing so that they can attend school and/or work to better their lives of their children. Single mothers with at least two (2) children are eligible to apply for services. Must have 75%+ physical custody, work or attend school full time, and have own transportation.

Tulsa Women and Children Resource Center

918-430-0975

6 month inpatient treatment program for pregnant women and women (18 & older) with children ages 12 and under.

Wings of Freedom

918-584-8879

Faith based, sober living program for individuals and families. Housing available for men, women, families, and those recently exiting the Department of Corrections. Must give clean urine analysis before entering program.

Lindsey House

918-933-5222

Provides long-term shelter and supportive services to women caring for children. 1 year program. Must have 9 months sobriety, child(ren) in custody, and employment history.

New Life Homes- Holly House

918-902-8435

Clean and sober, faith based housing for women.

St. Elizabeth's Lodge- Catholic Charities

918-508-7141

Transitional housing and support service program for working single mothers with children.

Glory House

Faith based program for women experiencing mental illness, incarceration, and/or addiction.

918-584-1808

The Haven

6 week sober living program for women.

918-585-1389

Exodus House

Assists men and women with reintegration from Dept. of Corrections. 6 month temporary residential program.

918-382-0905

Empower

Empower Families Foundation. Mental health program for women experiencing homelessness with children. Trauma focused. Helps mothers and families get back on their feet through supportive services and groups and by also helping obtain benefits at no cost. SoonerCare covers costs for mental health treatment. Must have at least one child that is age 4 or older. Ask for Winston.

405-919-8781

Pathway Foundation

Sober living for women.

918-645-0845

His House

Transitional housing that includes: group homes for women only, family homes for women and children, and a single home for (5) men. Located in Claremore, OK and ran by Rhonda and Steve Bear. Part of His House Outreach Ministries.

918-625-4031

NuFresh Start Recovery Homes

Sober living homes for men and women. Applicants can go to Nufreshstart.org to find available houses and phone numbers to each individual home. Ask for Doug Sizemore when calling.

918-378-7044

Mama's Transitional Housing

Sober living for men and women 21 and older. 90+ days. Co-ed and separate homes available. Drug and alcohol free. Ask for Cynthia.

918-688-7850

Oxford House Inc.

Clean and sober living homes for men and women. Democratically run. House by house basis. Applicants can go to oxfordvacancies.com to find available houses and phone numbers to each individual home and to start the application process. Thomas Floyd, outreach manager.

918-936-0267

Counseling and Recovery Services

918-492-2554

Outpatient substance abuse and mental health services.
Berry Creek apartments and housing available to established clients.

Hope Housing of Green Country

918-256-7825

Tulsa HUD apartments, available only to those with developmental disabilities/dual diagnoses. Intake coordinator is Megan Phillippe.

Green Country Adult and Teen Challenge

918-512-8110

One year residential treatment program for men, women, and teens.
Substance abuse and mental health. Faith based.

Family Promise of Tulsa County

918-392-4959

Provides shelter, meals, and support to children experiencing homelessness and their families.

John 3:16 Women's Recovery Services

918-574-8681

Faith based, one year residential program for substance abuse and mental health.

Emergency Shelters & Programs

Day Spring Villa		<u>918-245-4075</u>
Domestic Violence Intervention Services	<u>918-7HELPME</u>	<u>918-743-5763</u>
Salvation Army Shelter		<u>918-582-7201</u>
Tulsa Day Center		<u>918-583-5588</u>
Tulsa County Social Services Shelter		<u>918-596-5591</u>
Youth Services		<u>918-582-0061</u>

**last updated 12.16.2019*