

Guide to Local, State, and National Mental Health Resources for Oklahoma Producers



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National Resources

<https://www.farmaid.org/our-work/resources-for-farmers/online-request-for-assistance-form/> Farm Aid - Request for assistance and services [form](#) and farmer hotline: 800-327-6243.

<https://www.farmaid.org/our-work/resources-for-farmers/farmer-resource-network/> Online resource directory compiled by Farm Aid. Producers can search by state for specific types of help including crisis assistance.

<https://farmcrisis.nfu.org/> Resources compiled by the National Farmers Union to help farmers through stressful times. Includes mental health, mediation, and disaster resources for producers.

<https://farmcrisis.nfu.org/resource-center/> Listing of national and state resources from each state.

<http://www.mentalhealthamerica.net/> Mental Health America (MHA) - community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.

<https://arc.mentalhealthamerica.net/find-an-affiliate> Find resources by city, state, or zip code.

<http://www.mentalhealthamerica.net/im-looking-mental-health-help-someone-else> Information/ resources/ action steps for people seeking mental health help for someone else.

<https://www.nami.org/> National Alliance on Mental Illness (NAMI) - Helpline Call 1-800-950-NAMI (6264) or Text NAMI to 741741 or email info@nami.org.

<https://www.namioklahoma.org/help> List of phone numbers for national mental health, substance abuse, and alcohol abuse hotlines/ helplines.

<https://suicidepreventionlifeline.org/> National Suicide Prevention Lifeline - Call the Lifeline at 1-800-273-TALK (8255) to speak to a counselor. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Website has resources for disaster survivors.

<https://suicidepreventionlifeline.org/talk-to-someone-now/> Includes chat option, disaster distress helpline, and helpline for Spanish speakers.

<https://www.imalive.org/> National Hopeline Network - Focuses on suicide intervention, prevention, awareness, and education. Phone: 800-SUICIDE or chat at <http://www.hopeline.com/chat.php>.

State Resources

<https://www.211oklahoma.org/> Call 211 - Information source for Oklahomans to find help online including crisis lines/ helplines, mental health/addictions, and disaster services.

<http://www.navigateresources.net/tulh/Subcategory.aspx?;0;;N;0;162417;Mental%20Health%20/%20Addictions> Mental Health/ Addictions resources including prevention, treatment, and counseling.

<https://www.ok.gov/odmhsas/> Oklahoma Department of Mental Health and Substance Abuse Services Disaster Distress Hotline 1-800-985-5990.

[https://www.ok.gov/odmhsas/Mental Health/Mental Health Centers by City/index.html](https://www.ok.gov/odmhsas/Mental%20Health/Mental%20Health%20Centers%20by%20City/index.html) List of Oklahoma Mental Health Centers by City.

[https://www.ok.gov/odmhsas/Mental Health/SHARE/Resources for Adults and Families /index.html](https://www.ok.gov/odmhsas/Mental%20Health/SHARE/Resources%20for%20Adults%20and%20Families/index.html) Information about traumatic stress, signs of it, where to get help/ seek services, and additional mental health resources.

<http://apps.okhca.org/providersearch/> Oklahoma Behavioral Health Provider Directory.

<https://www.namioklahoma.org/> NAMI, Oklahoma Chapter - HelpLine: 1-800-583-1264 Information on programs and support they provide for Oklahomans.

<https://mhaok.org/> Mental Health Association Oklahoma - Free statewide Mental Health Assistance Center. Lists information and resources related to mental illness, suicide prevention, employment supports and housing. Open Monday-Friday, 8:30 am-5 pm or leave a voice message after hours and someone will return the call. Phone: 918-585-1213 and 405-943-3700.

<https://mhaok.org/get-help> Information for Oklahomans seeking mental health help.

<https://www.fcsok.org/> Family & Children's Services - COPES hotline (Telephone & Mobile Psychiatric Crisis Services) 918-744-4800 or make an appointment by calling 918-587-9471.

<https://www.fcsok.org/services/adult-mental-health-outpatient-services/> List of Mental Health Services provided.

<https://www.fcsok.org/services/adult-and-family-counseling/> List of Counseling services provided.

<https://www.fcsok.org/services/crisis-services/> List of Crisis Services provided.

<https://www.fcsok.org/resources/mobile-applications-self-care-recovery/> List of Mobile apps for Self-Care and Recovery.

Local Resources

<http://edwinfair.com/index.html> Edwin Fair Community Mental Health Center. 24-Hour Emergency Services are available. During business hours, please contact the office closest to you. After hours and weekends, please call 800-566-1343; after hours TDD 800-522-9054.

Contact Us: Kay County - 580-762-7561
Payne County - 405-372-1250
Noble County - 580-336-5200
Osage County- 918-287-1175
Pawnee County - 405-372-1250

<http://edwinfair.com/services-offered.html> Explains services offered by center.

<https://www.namioklahoma.org/nami-northeastern-ok> Contact information for NAMI North Central Oklahoma/ Stillwater chapter.

<http://www.ncbhok.org/> Northwest Center for Behavioral Health - Lists services offered by center.

<http://www.ncbhok.org/contact-northwest-center-for-behavior-health-> Contact information for the center and it's facilities in Northwest Oklahoma (Enid, Alva, Fairview, Guymon, and Woodward).

Mediation Resources

<https://www.ok.gov/mediation/> Oklahoma Agriculture Mediation Program - A USDA-certified mediation provider for the state of Oklahoma with professional mediators that has helped thousands of farmers, ranchers and federal agencies work together to reach realistic, durable solutions to the challenges they face. Call 1-800-248-5465 or email: mediation@ag.ok.gov.

Disaster Resources

<http://www.flaginc.org/topic/disaster-assistance-and-risk-management/> Farmers' Legal Action Group - Lists publications discussing disaster and risk management.
