

TULSA COUNTY

Local Resources Available

Mental/Behavioral Health:

- MENTAL HEALTH ASSOCIATION IN TULSA
3322 E 30th St, Tulsa 74114
918-585-1213
M, T, W, Th, F 8:30 AM - 5 PM
- YOUTHCARE OF OKLAHOMA
6301 E 41st St
Tulsa, OK 74135
(918) 289-0551 Fax
<http://www.youthcareok.com>
- COPEs Mobile Mental Health Crisis Team 918-744-4800
- MHAT Mental Health Assistance Center
918-382-2482
- Reach Out Hotline (Mental Health/Substance Abuse Crisis)
800-522-9054
- CALM Center (adolescent crisis)
918-394-CALM

Substance Abuse/Addictions:

- OXFORD HOUSE - SOUTHERN HILLS
5629 S Columbia Pl
Tulsa, OK 74104
<http://www.oxfordhouseok.org>
- YOUTHCARE OF OKLAHOMA
6301 E 41st St
Tulsa, OK 74135
(918) 289-0551 Fax
<http://www.youthcareok.com>
- 12 & 12
6333 E Skelly Dr
Tulsa, OK 74135
(918) 663-0203 Fax
<http://www.12and12.org>
- TULSA WOMEN AND CHILDREN'S CENTER
2442 Mohawk Blvd
Tulsa, OK 74110
(918) 430-0995 Fax
<http://palmer-tulsa.org>

Individual/Couple Counseling:

- FAMILY & CHILDREN'S SERVICES
650 S Peoria
Tulsa, OK 74120
(918) 587-0419 Fax
<http://www.fcsok.org>
- CATHOLIC CHARITIES
2450 N Harvard Ave
Tulsa, OK 74115
(918) 582-2123 Fax
<http://www.catholiccharitiestulsa.org>

Nonprofit organizations:

- 211 Helpline – Get Connected. Get Answers
- TULSA COUNTY SOCIAL SERVICES
2401 Charles Page Blvd, Tulsa 74127
918-596-5591
- TULSA DREAM CENTER
200 W 46th St N
Tulsa, OK 74126
(918) 430-1013 Fax
<http://www.tulsadreamcenter.org>

Religious groups:

- CATHOLIC CHARITIES
2450 N Harvard, Tulsa 74115
918-949-4673
T, W, Th, F 9 AM—2 PM
- HELPING HANDS MINISTRY
712 S Boston, Tulsa 74119
918-582-1356
M, T, W, Th, F 9 AM - 12 noon, or until funds depleted.
- RESTORE HOPE MINISTRIES
2960 Charles Page Blvd, Tulsa 74127
918-878-7999
M, T, W 9 AM-12 noon; Th 9 AM-11 AM
- FIRST BAPTIST CHURCH OF TULSA
305 S Detroit, Tulsa 74120
918-587-6068
M 8:30 AM - 9:30 AM

Family Violence:

- FAMILY SAFETY CENTER
600 Civic Center Ste 103
Main Floor, Police Courts Building
Tulsa, OK 74103
(918) 743-5763
<http://www.fsctulsa.org>
- Domestic Violence Intervention Services (DVIS)/Call Rape (DVIS) 918-743-5763
Confidential Location, Tulsa
918-743-5763
Su, M, T, W, Th, F, Sa 24 hours
- Oklahoma Safeline (Domestic Violence, Sexual Assault, Stalking) 800-522-7233
- Child/Elder Abuse Hotline
800-522-3511

Financial Planning:

- CREDIT COUNSELING CENTERS OF OKLAHOMA
4646 S Harvard, Tulsa 74135
918-744-5611
M, T, W, Th 8 AM - 5 PM; F 8:30 AM - 12 noon; Sa Evenings by appointment.
- DEBT REDUCTION SERVICES
4111 S Darlington Ave Ste 540
Tulsa, OK 74135
(208) 378-0200 Other Corporate Office
(918) 270-2593 Fax
<http://www.debtredutionservices.org>
- VOLUNTEERS OF AMERICA OF OKLAHOMA
Tulsa Office State Headquarters
9605 E 61st St
Tulsa, OK 74133
<http://www.voaok.org>

Updated: 11/2014