

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

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) 1-580-279-3310	Mental Health Crisis Emergency (ADULT) 1-800-522-1090
ECU Campus Police 1-580-559-5555 or 1-580-332-3875	Crisis Text Line Text "HOME" to 741741
National Runaway Safeline 1-800-786-2929	Reach Out Hotline (Mental Health and Substance Abuse) 1-800-522-9054
Oklahoma Bureau of Narcotics Sex Trafficking Hotline 1-855-617-2288	Disaster Distress Helpline 1-800-985-5990 or text "TalkWithUs" to 66746

CAMPUS RESOURCES

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

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
Family Crisis Center Domestic Violence 24 Hotline 1-580-436-3504	Oklahoma Safe Line (Domestic Violence Hotline) 1-800-522-7233
Love Is Respect 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
Addiction and Behavioral Health Center	580-332-3001	231 E. 12 th , Ada, OK	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
The Jetty Counseling Center	580-279-1321	124 S. Broadway, Ste. 402, Ada, OK	X	X	X	X		X	X	
Lighthouse Behavioral Wellness Center	580-436-2690	111 E. 12 th 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 Behavioral Health	580-235-0274	1300 Hoppe Blvd Suite 6, Ada, OK	X	X	X	X			X	
Oklahoma Families First	580-310-9000	1705 S. Craddock Ada, 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	
Southeastern OK Family Services Transitions (Methadone Clinic)	580-565-4235	1201 Alington Suite G, Ada, OK		X		X		X		
Unity Point Counseling Services & Resource Center (formerly Ada Youth Shelter)	580-436-6130	901 W. 18 th 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	
Oakwood Springs – Help for Heroes: Active Duty Service Members, Veterans, First Responders & High-Risk Frontline Professionals	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

Trevor Project Crisis Line – LGBTQ Youth

1-866-4-U-TREVOR (488-7386)
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

Dual Recovery Anonymous Network

www.draonline.org

Celebrate Recovery

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

National Association of Anorexia Nervosa & Associated Disorders

1-630-577-1330 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

Nar-Anon Family Groups

1-800-477-6291
www.nar-anon.org/find-a-group

White Bison

1-877-871-1495 www.whitebison.org

National Eating Disorder Association

1-800-931-2237 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

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

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:

Holli Witherington – ECU Campus Suicide Prevention Grant Director

580-559-5815
holrwit@ecok.edu

Trevor McCane – ECU Campus Suicide Prevention Grant Coordinator

580-559-5161
Trelmcc2@ecok.edu