

REGIONAL MENTAL HEALTH AWARENESS REFERRAL & RESOURCE GUIDE

This resource guide focuses on local youth services and was compiled by the Regional Mental Health Awareness Training (MHAT) Grant Program, in conjunction with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Council for Behavioral Health, to help support Mental Health First Aiders following training.

IN AN EMERGENCY OR CRISIS

For assistance in an emergency situation

Dial 911

National Suicide Prevention Lifeline (988)

988 (press 1 for veterans, 2 for Spanish)

Mental Health Crisis Emergency (YOUTH) – Pontotoc Co.

1-580-279-3310

Mental Health Crisis Emergency for ADULTS in Southern Oklahoma

1-800-522-1090

Mobile Response Team (for Children) - Statewide

1-833-885-2273

Reach Out Hotline (Mental Health and Substance Abuse)

1-800-522-9054

Oklahoma Bureau of Narcotics Sex Trafficking Hotline (Watch Line)

1-855-617-2288

Heartline Crisis Center (Statewide)

Dial 211

Crisis Text Line National Runaway Safeline

Text "HOME" to 741741 1-800-786-2929

Disaster Distress Helpline

1-800-985-5990 or text "TalkWithUs" to 66746

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

Love Is Respect

1-866-331-9474

Oklahoma Safe Line (Domestic Violence Hotline)

1-800-522-7233

Crisis Control Center Domestic Violence 24/7 Hotline – Johnston Co.

580-924-3030

Family Crisis Center Domestic Violence 24 Hotline – Pontotoc Co.

580-436-3504

Family Shelter of Southern Oklahoma (Johnston & Murray Co. 24 hr hotline)

580-226-6424

Oklahoma Behavioral Health

580-235-0274



MEDICAL RESOURCES

Ada Health First, INC

580-279-1788

Arbuckle Memorial Hospital – Murray Co.

580-622-2161

Chickasaw Nation Medical Center – Ada Location

580-436-3980

ArbuckleMED Urgent Care – Murray Co.

580-622-6134

Chickasaw Nation Medical Center – Tishomingo Clinic

580-371-2361

Family Health Center of Southern Oklahoma – Johnston Co.

580-371-2343

Mercy Hospital Ada

580-332-2323

Mercy Hospital Tishomingo

580-371-2327

Express Wellness of Ada

580-436-4400

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	230 E. 12 th St. Ada, OK	x	x	x	x		x		
Aalhakoffichi (A Place for Healing)Chickasaw Nation Adolescent Transitional Living Ctr.	405-331-2300	111 Arrowhead Dr. Pauls Valley, OK	x		x	x	x	x	x	
Biofeedback and Counseling	580-436-7120	2100 N. Broadway Ada, OK	x	x		x			x	
Chickasaw Nation Behavioral Health	580-371-2392	817 E. 6 th St. Tishomingo, OK	x	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 (Hina' Chokma)	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
Children's Recovery Center	405-573-3819	320 12 th Ave. NE Norman, OK	x				x	x	x	



BEHAVIORAL HEALTH TREATMENT RESOURCES			DESCRIPTION							
NAME	PHONE	ADDRESS	Youth	Adults	Families	Outpatient	Inpatient	Substance Abuse	Mental Health	Interpersonal Violence
Counseling, Inc.	580-371-3551	102 N. Neshoba St. Tishomingo, OK	x	x	x	x			x	
Davis Health	580-369-2803	107 S. 3 rd St. Davis, OK	X	X	X	X		X	X	
Family Health Center of Southern Oklahoma	580-371-2343	610 E. 24 th St. Tishomingo, OK	x	x	x	x			x	
Jack Brown Treatment Center	918-453-5500	1397 Missionary Circle, Tahlequah, OK	x				x	x		
Jana J. Webb, LPC	580-559-1356	16050 CR 1565 Ada, OK 74820	X	X	X	X			X	
Lakeside Rural Health	(580)565-4235	113653 Old Highway 69 Checota, OK		X		X		X		
Lighthouse Behavioral Wellness Centers (formerly MHSSO)	580-436-2690	301 W. 4 th St Ada, OK	x	x	x	x		x	x	
Lighthouse Behavioral Wellness Centers (formerly MHSSO)	580-371-3019	209 E. Wilson Ave Tishomingo, 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	x	
Oklahoma Families First	580-310-9000	124 S. Brdwy Ste 200 Ada, OK	x	x	x	x		x	x	
Our House MHSA	580-319-7694	115 East Main Davis, OK	x	x	x	x		x	x	
Refuge Behavioral Health	580-371-0321	201 S. Murray St Tishomingo, OK	x	x	x	x		x	x	
Rolling Hills	580-436-3600	1000 Rolling Hills Ln, Ada, OK	x	x	x		x	x	x	
Tishomingo Behavioral Health	580-371-3672	512 E. 24 th St. Tishomingo, OK	x	x	x	x		X	x	
Tulsa Boys Home, Inc.	918-245-0231	2727 S. 137th W. Ave., Sand Springs,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	
White Horse Ranch	580-994-5649	1601 Wilkie Rd. Mooreland, OK	X			x	x	x	x	



ADDITIONAL TREATMENT RESOURCES

SAMHSA’s National Helpline provides free, 24-hour information and referral assistance to treatment facilities, support groups, and community organizations. 1-800-662-HELP (4357)

National Alliance on Mental Illness (NAMI) Information HelpLine provides information and referral services. 1-800-950-NAMI (6264)

National Council for Behavioral Health can assist you in finding a local provider of behavioral health services and support. www.theNationalCouncil.org (click “Find a Provider”)

OTHER RESOURCES

Ada Resource List

<http://www.adaresource.com>

Ada Boys and Girls Club

580-332-3717

www.bgcada.com

Ada Homeless Services

580-272-0211

www.adahomelesservices.org

Ada Regional United Way

580-332-2313

www.adaunitedway.org

Care Cottage (Child Advocacy Center in Pontotoc Co.)

580-332-6677

Chickasaw Nation Boys & Girls Club (Johnston Co.)

580-371-0153

Chickasaw Nation Boys & Girls Club (Murray Co.)

580-622-8302

Chickasaw Nation Prevention Services (Pontotoc Co.)

<https://chickasawn.net/Services/Prevention-Services.aspx>

Chickasaw Nation Social Services (Murray Co.)

580-622-2888

COPLINE - International Law Enforcement Officers’ Hotline

1-800-COPLINE (1-800-267-5463)

INCA Community Services Johnston County

580-371-2352

INCA Community Services Murray Co.

580-622-5206

Johnston County Health Department

580-371-2470

Mental Health First Aid Website

www.mentalhealthfirstaid.org

Murray County Health Department

580-622-3716

National Runaway Safeline

1-800-786-2929

Oklahoma School for the Deaf – Murray Co.

580-622-4900

Pontotoc County Health Department

580-332-2011

Pontotoc County Drug Free Coalition

580-559-5990

www.pcdfc.org



National Child Traumatic Stress Network http://www.nctsn.org/	Boys Town Crisis Hotline 1-800-448-3000
Safe Alternatives to Cutting 1-800-366-8288	Human Trafficking Resource Center 1-888-373-7888

Please consult your Mental Health First Aid Manual for additional resources at the end of each section.

For more information or questions about this resource manual or about Mental Health First Aid training, please contact the Regional Mental Health Awareness Training (MHAT) Grant staff.

**Holli Witherington –
Regional MHAT Grant Director**
580-559-5815
holrwit@ecok.edu

