

PONTOTOC COUNTY YOUTH REFERRAL & RESOURCE GUIDE

This resource guide focuses on local youth services and was compiled by the Pontotoc County Project Aware Grant, in conjunction with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Council for Behavioral Health, to help support Youth Mental Health First Aiders following training.

IN AN EMERGENCY OR CRISIS

For assistance in an emergency situation

Dial 911

Mental Health Crisis Emergency (YOUTH)

1-580-279-3310

National Runaway Safeline

1-800-786-2929

Oklahoma Bureau of Narcotics Sex Trafficking Hotline

1-855-617-2288

Crisis Text Line

Text "HOME" to 741741

National Suicide Prevention Lifeline

1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish)

Heartline Crisis Center (Statewide)

Dial 211

Reach Out Hotline (Mental Health and Substance Abuse)

1-800-522-9054

Mental Health Crisis Emergency (ADULT)

1-800-522-1090

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 Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (hearing impaired line)

Family Crisis Center Domestic Violence 24 Hotline

1-580-436-3504

Love Is Respect

1-866-331-9474

National Sexual Assault Hotline

1-800-656-HOPE (4673)

RAINN (Rape, Abuse & Incest National Network)

1-800-656-HOPE (4673)

www.rainn.org

Oklahoma Safe Line (Domestic Violence Hotline)

1-800-522-7233

PEDIATRIC & OTHER MEDICAL RESOURCES

Ada Pediatric Clinic

580-332-7337

Mercy Clinic Pediatrics

580-436-1506

Tawfik Z. Ramadan

580-436-2283

Chickasaw Nation Pediatrics

580-421-4550

Dr. Charles Mettry, DO

580-436-4200

Urgent Care

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	122 S. Broadway Ste 200, 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	580-421-4591	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
Children's Justice Center	405-262-0202	7905 E. Hwy 66 El Reno, OK	x			x	x	x		
Children's Recovery Center	405-573-3819	320 12 th Ave. NE Norman, OK	x				x	x	x	
Jack Brown Treatment Center	918-453-5500	1397 Missionary Circle, Tahlequah, OK	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 Centers (formerly MHSSO)	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 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	
Southern Plains	405-217-8400	4201 24 th Ave. NW Norman, OK	x				x		x	
Southeastern OK Family Services	580-235-0274	124 S. Broadway Ada, OK	x	x	x	x			x	
Tulsa Boys Home, Inc.	918-245-0231	2727 S. 137 th 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	
Jana J. Webb, LPC	580-559-1356	16050 CR 1565 Ada, OK 74820	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")

RESOURCES FOR SPECIAL POPULATIONS

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

GLBT National Youth Talkline

1-800-246-PRIDE (1-800-246-7743)

www.glnh.org/talkline

SELF-HELP RESOURCES AND GROUPS

To find a time and location of a meeting.

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

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

ADDITIONAL SERVICE DIRECTORIES

To find additional resources within our region and beyond.

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



OTHER RESOURCES

Ada Boys and Girls Club

580-332-3717
www.bgcada.com

Ada Regional United Way

580-332-2313
www.adaunitedway.org

Chickasaw Nation Prevention Services

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

Pontotoc County Health Department

580-332-2011

Pontotoc County Project AWARE 580-559-5161

<https://www.ecok.edu/centers-and-programs/brandon-whitten-institute/project-aware-grant>

Youth Mental Health First Aid Website

www.mentalhealthfirstaid.org

Boys Town Crisis Hotline

1-800-448-3000

Human Trafficking Resource Center

1-888-373-7888

Ada Homeless Services

580-272-0211
www.adahomelesservices.org

Care Cottage (Child Advocacy Center)

580-332-6677

Early Childhood Advisory Council

www.adaunitedway.org/ECAC

Pontotoc County Drug Free Coalition

580-559-5990
www.pcdfc.org

STAND Youth Coalition

580-559-5990
www.pcdfc.org/stand-youth-coalition.html

National Child Traumatic Stress Network

<http://www.nctsn.org/>

Safe Alternatives to Cutting

1-800-366-8288

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 Youth Mental Health First Aid training, please contact the Pontotoc County Project AWARE Grant staff.

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