Mental Health Resources

National Hotlines

National Center for Victims of Crime 800-394-2255
National Domestic Violence Hotline 800-799-7233
800-787-3224 (TDD/TTY)
http://www.thehotline.org/ (online hotline and other resources)
National Organization for Victim Assistance 800-879-6682
http://www.trynova.org/
National Suicide Prevention Lifeline (24/7) 800-273-8255
888-628-9454 (Spanish)
800-799-4889 (TTY)
http://www.suicidepreventionlifeline.org/
National Child Abuse Hotline 800-422-4453
http://www.childhelp.org/pages/hotline-home
National Indigenous Women’s Resource Center 406-477-3896
http://www.niwrc.org/
National Sexual Assault Hotline (24/7) 800-656-4673
Rape, Abuse, & Incest National Network (RAINN) 800-656-4613
https://ohl.rainn.org/online/ (online hotline)
https://www.rainn.org/get-help/national-sexual-assault-hotline
The Trevor Project 866-488-7386
(for LGBTQ youth)
http://www.thetrevorproject.org/section/get-help

Additional Websites

Lifeline Crisis Chat http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx
(online hotline)
National Center for Victims of Crime http://www.victimsofcrime.org/
National Sexual Violence Resource Center http://www.nsvrc.org/organizations/62

Military/Veterans

Military Crisis Line (24/7) 800-273-8255 (Press 1)
(For military and veterans)
888-628-9454 (Spanish/Español)
800-799-4889 (TTY)
Text to 838255
http://veteranscrisisline.net/ (online hotline chat)
http://www.mentalhealth.va.gov/

Military OneSource 800-342-9647
(for military and their families)
Safe Phone Helpline (for DoD community)  877-995-5247
https://www.safehelpline.org  (online hotline)

DCoE Outreach Center (24/7)
Provides info about psychological health, PTSD, and traumatic brain injury
866-966-1020

Women Veterans Call Center/Hotline  855-829-6636 (855-VA-WOMEN)

Veterans Affairs Mental Health  http://www.mentalhealth.va.gov/

Veterans Affairs Hospital & Clinic Locator  http://www.va.gov/directory/guide/division.asp?dnum=1&isFlash=0

Tulsa Area Military/Veterans

Tulsa Vet Center  918-628-2760
877-927-8387

Ernest Childers VA Outpatient Clinic  918-628-2500

Tulsa Behavioral Medicine Service  918-610-2000
866-398-5033

Jack C. Montgomery VAMC  918-577-3000

Jack C. Montgomery East  918-577-3699

The University of Tulsa

The University of Tulsa Psychological and Counseling Services Center (Alexander Health Center)
(hours 8am to 5pm Monday through Friday, extended evening hours on Tuesdays until 9pm)

Campus Security  918-631-5555

Tulsa Area Resources

COPES (mobile mental health outreach)  918-744-4800

Domestic Violence Service/Call Rape
24-hour Crisis Line  918-585-3163
Family Safety Center  918-743-5763
918-742-7480

Tulsa Police, Fire, Ambulance—Emergency  911

Tulsa Police—Non-emergency  918-596-9222

Associated Centers for Therapy  918-492-2554

Family & Children’s Services
Mental Health Care  918-587-9471
918-712-4301

Human Skills & Resources, Inc.  918-747-6377

Laureate Psychiatric Clinic  918-481-4000

OU Psychiatric Clinic  918-660-3130

Parent Child Center  918-599-7999

Parkside  918-582-2131
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<tr>
<th>Organization</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Resonance</td>
<td>918-587-1200</td>
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<tr>
<td>Oklahoma Domestic and Sexual Violence SafeLine</td>
<td>800-522-7233</td>
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<tr>
<td>Indian Health Care Resource Center</td>
<td>918-588-1900</td>
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<td>Shadow Mountain</td>
<td>918-492-8200</td>
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<tr>
<td>The Tristesse Center (Grief Center)</td>
<td>918-587-1200</td>
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<td>Tulsa Center for Behavioral Health</td>
<td>918-293-2100</td>
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<td>Tulsa Help Line (Resource Referral)</td>
<td>211 (918-836-4357)</td>
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<tr>
<td>Broken Arrow Family Resource Center</td>
<td>918-258-6545</td>
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