

**GriefShare** **1-800-395-5755**

A special support group for people who are grieving the death of someone close to them. Several churches throughout the Oklahoma City Metro and Norman areas offer a GriefShare group.

- Contact churches for group days and times. To learn more and find churches that offer these groups, please visit <http://www.griefshare.org/>.

**Grief and Bereavement Internet Resources**

[www.alivealone.org](http://www.alivealone.org)  
[www.babysteps.com](http://www.babysteps.com)  
[www.bereavedparents.org](http://www.bereavedparents.org)  
[www.compassionatefriends.org](http://www.compassionatefriends.org)  
[www.childrenareagift.com](http://www.childrenareagift.com)  
[www.griefshare.org](http://www.griefshare.org)  
[www.healingheart.net](http://www.healingheart.net)  
[www.hospicenet.org](http://www.hospicenet.org)  
[www.hygeiafoundation.org](http://www.hygeiafoundation.org)  
[www.journeyofhearts.org](http://www.journeyofhearts.org)  
[www.missfoundation.org](http://www.missfoundation.org)  
[www.nationalshare.org](http://www.nationalshare.org)  
[www.nowilaymedowntosleep.org](http://www.nowilaymedowntosleep.org)  
[www.pomc.com](http://www.pomc.com)  
[www.sids-network.org](http://www.sids-network.org)  
[www.webhealing.com](http://www.webhealing.com)

**Heartland Hospice** **405-579-8565**

1923 Atchison Dr. Norman, OK 73069  
Office hours: Mon - Fri, 8 am - 5 pm (Answering service after 5 pm)

**INTEGRIS Hospice** **405-848-8884**

4334 NW Expressway, Suite 106 OKC, OK 73116  
<http://www.hospiceokcounty.com/>  
Grief support programs.

**Kids' Place** **405-844-5437**

801 S. Bryant Ave. Edmond, OK 73034  
[www.edmondkids.org](http://www.edmondkids.org)

The Kids' Place is a faith-based support group for children and teens that are experiencing mourning after the death of a loved one or friend.

**INTEGRIS CANCER INSTITUTE  
OF OKLAHOMA** **1-877-811-ICIO / 405-773-6400**

5911 W Memorial Rd., OKC, OK 73142  
*Mon - Fri 8am - 5pm.*

- Support for families dealing with cancer.
- There must be a family member dealing with a cancer diagnosis.

**MERCY AT HOME – HOSPICE** **405-752-3600**

Mercy at Home: **405-486-8600**  
4205 W Memorial, OKC, OK 73120  
2<sup>nd</sup> Tuesday of every month 4:30pm - 5:30pm.  
Healthy healing support group. Anyone grieving for a loved one.

**Oklahoma Family Network** **405-271-5072 / 1-800-871-5072**

800 NE 15th St., OKC, OK 73104

[www.oklahomafamilynetwork.org](http://www.oklahomafamilynetwork.org)

“Putting the Pieces Together for Oklahoma Families”

Offers one-on-one mentoring for families who've experienced the loss of an infant or child with special needs.

- The Oklahoma Family Network (OFN) is Oklahoma's parent to parent resource for those who are raising children with special health or disability needs.
- The OFN offers a mentoring program to aid such parents through parent-to-parent mentorship.
- Learn about resources and share experiences with other parents of children with these special needs.

**P.R.I.D.E Support Groups** **405-949-6626**

(Parents Responding to the Infant Death Experience)

Integris Baptist Medical Center, Troy Dolly Cancer Center  
Bldg. D, 1st Floor Library, Oklahoma City  
Meets 3rd Thursday monthly at 7:00 PM.

**P.R.I.D.E. Support Groups -**

Deaconess Hospital  
5501 N. Portland  
Oklahoma City

**Call (405) 604-4593 or the Helpline at (405) 604-6118**

Meets the 3rd Monday monthly at 7:00 PM.

Norman Regional Hospital Education Center  
901 North Porter  
Norman, 73071

**Call (405) 690-0481 or (405) 307-3500**

Meets the 4th Thursday monthly at 7:00 PM.

## HEALTH INSURANCE

**(ACA) AFFORDABLE CARE ACT**

**[www.hhs.gov/healthcare](http://www.hhs.gov/healthcare)**

Go to website to view:

- About the Law
- Facts and Features
- Prevention and Wellness
- Insurance Marketplace and more...

Or call Toll Free with your questions **1-800-318-2596**

**INSURE OKLAHOMA** **1-800-365-3742**

**[www.insureoklahoma.org](http://www.insureoklahoma.org)**

Insure Oklahoma offers low cost health insurance plans for those who qualify. The Insure Oklahoma/O-EPIC Employer-Sponsored Insurance will pay part of the health plan premiums for eligible employees working for qualified Oklahoma small businesses (with 50 or fewer full-time employees). Participation in this program is voluntary. The Insure Oklahoma/O-EPIC Individual Plan is available to Oklahomans not otherwise eligible to participate in an Insure Oklahoma employer-sponsored Qualified Health Plan.

**OKLAHOMA HEALTH CARE AUTHORITY**

SoonerCare (Oklahoma Medicaid)  
4545 N. Lincoln Blvd., #124, OKC, OK  
**405-522-7300/ 1-800-987-7767**

[www.okhca.org](http://www.okhca.org)

SoonerCare is a health coverage program jointly funded by the federal and state government. This program helps pay some or all medical bills for many people who cannot afford them. The Oklahoma Health Care Authority (OHCA) is the state agency that administers the program. The Oklahoma Department of Human Services (OKDHS) determines financial eligibility for the program.

**Programs:**

- American Indians
- Breast & Cervical Cancer
- Child Health/EPSDT
- Health Management Program
- Long-Term Care Services
- SoonerCare Choice
- SoonerCare Supplemental
- SoonerCare Traditional
- SoonerPlan
- TEFRA
- Transportation

**SOONERCARE CHOICE**

**1-800-987-7767**

[www.okcha.org](http://www.okcha.org)

SoonerCare Choice is a Primary Care Case Management (PCCM) program in which each member has a medical home. The medical home provider will coordinate all health care services to qualifying Oklahomans. Please visit our Qualification Guidelines page to find out if you qualify.

**You may be a SoonerCare Choice member if:**

- You qualify for SoonerCare,
- You do not qualify for Medicare,
- You do not reside in an institution such as a nursing facility,
- You are not receiving SoonerCare services through a home- and community-based waiver program, You are not in state or tribal custody,
- You are not in a health maintenance organization.

Sign up at [www.mysoonercare.org](http://www.mysoonercare.org)

**Find a Doctor:**

- Toll Free: 1-800-522-0310
- Oklahoma City area: 405-522-7171
- TDD/TTY: 405-522-7179
- Mental Health Service Provider Finder: 1-800-652-2010
- Medicaid Advice Line: 1-800-530-3002  
(Provides help with some Medicaid issues after business hours and on holidays)

**SOONERRIDE**

**1-877-404-4500**

Mon-Sat. 7:00am-6:00pm

<http://www.logisticare.com/>

- Call 3 business days before you need a ride.
- Provides mileage reimbursement and other help with transportation for Medicaid recipients.
- Provides transportation to and from medical appointments for children with special transportation needs when the parent is not properly equipped to transport.

- Provides travel expense reimbursement for parents for trips taken transporting children to and from medical appointments. Rate of reimbursement is 23 cents per mile and is subject to change.
- Provides travel to and from medical appointments for children when parents do not have a means of transportation.

**STUDENT HEALTH INSURANCE**

The Sentry Student Security Plan

Manual – <http://www.occc.edu/support/pdf/MAND-II.pdf>

Enrollment Form – <http://www.occc.edu/support/pdf/MAND-II-EnrollmentForm.pdf>

International Student Insurance

1-800-244-1180 <http://www.isoa.org/>

1-800-367-5830 <http://www.studentinsuranceagency.com/>

**THE MARKETPLACE**

Visit HealthCare.gov ([www.healthcare.gov](http://www.healthcare.gov)) to shop the Marketplace which was established by the Affordable Care Act. You can also call the Health Insurance Marketplace at 1-800-318-2596. TTY users should call 1-888-889-4325.

**OTHER TYPES OF INSURANCE COVERAGE**

To learn about other types of coverage, contact the Oklahoma Health Care Authority at 405-522-7300 or visit the web site at [www.okhca.org](http://www.okhca.org) & <http://www.coverageforall.org/>.

**HELPLINES and HOTLINES**

**AIDS**

English: 1-800-535-2437

Spanish: 1-800-344-7432

**2-1-1 TOLL FREE CALL**

Referrals for local community resources. 2-1-1 is the direct link between people who need help and people who can give help.

Visit them on the web at: [www.211oklahoma.org](http://www.211oklahoma.org)

**Childhelp National Child Abuse Hotline**

**1-800-422-4453**

Hotline counselors answer 365 days a year to help kids, and adults who are worried about kids they suspect are being abused or neglected.

Visit them on the web at: [www.childhelp.org](http://www.childhelp.org)



**DHS Hotlines and Phone Numbers**

[www.okdhs.org/contactus](http://www.okdhs.org/contactus)

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|-------------------------------|-----------------------------------|
| ▪ Report Adult Abuse          | 1-800-522-3511                    |
| ▪ Report Child Abuse          | 1-800-522-3511                    |
| ▪ Child Support Enforcement   | 1-800-522-2922                    |
| ▪ Developmental Disabilities: |                                   |
| North and Western Oklahoma    | 1-800-522-1064                    |
| North and Eastern Oklahoma    | 1-800-522-1075                    |
| Central and South Oklahoma    | 1-800-522-1086                    |
| ▪ Foster Parent               | 405-522-2270 or<br>1-800-522-8014 |
| ▪ Senior Info-Line            | 1-800-211-2116                    |