

- Tubal ligation services (must be at least 25 yrs of age)
- Breast exams
- Colposcopy/cryo-therapy services
- HIV testing/counseling
- Midlife services for women
- Limited primary care

Variety Care

405-632-6688

www.varietycare.org

Call for an appointment.

- Preventative Medicine
- Pediatrics and Well Child Checks
- Geriatrics
- Prenatal and Postnatal Care
- Family Planning
- Mental Health/Substance Abuse Care
- Work and School Physicals
- Immunizations – Please bring shots record
- On-Site Laboratory
- Patient Education
- Referrals

Variety Care Locations:

- **10th St. Family Health** **405-632-6688**
4023 N.W. 10th St., OKC, OK 73107
Medical Hours: MTWF 7:30am-5:00pm, TH 7:30am-8:00pm, Sat 8am-Noon
Dental Hours: M-F 8am-5pm, W 8am- Noon
This facility serves both pediatrics and adults. X-ray is available in addition to other services.
- **Straka Family Health** **405-632-6688**
1025 Straka Terrace, OKC, OK 73129
Medical Hours: M-TH 7:30am-8pm, F 7:30am-5:30pm Sat 8am-Noon
Dental Hours: M-F 8am-5pm, W 8am-Noon
WIC Hours: M-F 8am-4:30pm
This facility serves all ages. You can find all of our primary healthcare services at this location.
- **Lafayette Pediatrics** **405-235-6466**
500 S.W. 44th St., OKC, OK 73109
Pediatric Hours: M-F 7:30am-5:30pm
Dental Hours: M-F 8am-5pm, W 8am- Noon
WIC hours: M-F 7:30am-5:30pm
This facility serves only pediatrics. Our dental and vision services are available for children.
- **Mid-Del Pediatrics** **405-677-1129**
Pediatric Hours: M-F 7:30am-5:30pm
WIC hours: M-F 7:30am-5:30pm
3851 Tinker Diagonal, Del City, OK 73115
We serve children at this location. Pediatric and WIC services available.
- **Norman Pediatrics** **405- 632-6688**
1124 N. Porter, Norman, OK 73069
M-TH 8:30 am – 5:00 pm, F 8:30 am – 12 noon
This location serves children only. Please bring your most current shot record with you to appointments. This location serves adults and children.
- **Norman Family Practice** **405- 632-6688**
317 E. Himes, Norman, OK 73069
Med Hours: M-TH 8:30 a – 5:00 p, F 8:30 a – 12 noon
Dental Hours: T-F 8:30 a - 5:00p, call for evening hrs.

Formerly a Health for Friends site, Norman Family Practice is ready to serve anyone with or without insurance. Our dental hours vary; please be sure to call 632-6688.

Women's and Pediatric Health Center **405-271-6195**

5320 N. Portland, Oklahoma City, OK 73112

Call for hours

Women's clinic, medical clinic. Full range OB-GYN. Call for eligibility.

Yourcare Clinics **405-350-4300**

2400 S. Cornwell Drive, Yukon, OK

10700 S. Pennsylvania, Oklahoma City, OK **405-691-9700**

Call for Hours.

Primary care provided for all ages. No appointment necessary. Most insurance plans, including SoonerCare accepted. Affordable pricing offered for patients with no insurance.

MEDICAL CLINICS - FREE

American Cancer Society **405-843-9888**

6525 N. Meridian Suite 110, OKC, OK 73116

Mon – Fri 8:30am – 5pm

www.cancer.org

- Can supply help with wigs, transportation, prosthesis, and other supplies for use by cancer patients.
- Cancer support groups.
- Some prescription assistance.

Baptist Mission Center **405-235-6162**

2125 Exchange Ave., OKC, OK 73108

Call for hours

- OKC residents only – bring proof of residence; ID required. First come, first served. No charge.
- New patients intake 1st Tuesday every month at 5pm
- Appointment Only (no walk-ins)
- Minor Illnesses
- Prescriptions free; filled if available (need to be a patient)

Clinica de Mujer Latina **405-236-0701**

420 SW 10th, OKC, OK 73109

Call for hours

Spanish speaking. Habla español.

Cross & Crown Mission **405-232-7696**

1008 N. McKinley, OKC, OK

Serves certain zip codes in NE OKC only.

- AA meeting at Noon on Mondays.
- Food pantry Mon, Tues, & Wed beginning at 11am open until the first 50 families are served
- Medical clinic Tues. to the 1st 15 families beginning @ 8:30am

Crossings Community Clinic **405-749-0800**

2208 W Hefner Rd., OKC, OK 73120

Generally open Monday- Friday. Call ahead to schedule an appointment.

www.crossingsokc.org

- Offers health, dental, and counseling care in a Christian environment.
- Services available by appointment.
- For low income without insurance. No cost.

Good Shepherd Ministries **405-232-8631**

1201 N. Robinson, OKC, OK 73103

Mon; 9:00-11:30am Tues & Thu

www.goodshepherdokc.org

- Provides clothing, food, medical, and referral services.
- Bring ID, Social Security Card, & proof of address.
- Minimum of 7 days between visits.

Healing Hands Clinic **405-272-0476**

411 NW 11th, OKC, OK 73103

Mon – Fri 8:30am – 4pm

- Homeless Only
- Children, youth, men, women seen
- Prescription assistance
- Primary care
- HIV testing, STD testing, TB testing
- Immunizations
- WIC
- Pregnancy testing, prenatal care, postpartum follow-up, family planning
- Substance abuse counseling, mental health counseling
- Case Management, referrals
- Limited/simple lab procedures

Integrus Baptist Community Clinic **405-717-9872**

1201 NW 10th, OKC, OK 73106 (Located in Olivet Baptist Church – the clinic is located between Elision and Klein St.)

2nd and 4th Mondays– Take clients with long-term medical conditions, (diabetes, hypertension, etc.) not emergencies.

Lighthouse Medical Clinic **405-602-6371**

2801 S. Robinson, OKC, OK 73109

(Located in Capital Hill Church of Christ)

Open on Thursdays

www.lighthousemedicalclinic.org

- Medical Care
- Specialty Clinics in Gastroenterology, Ophthalmology, and special Women's clinics are held
- Eye Care
- Lab Tests
- Physical Therapy
- Counseling
- Prescription Drugs: no narcotics are on the premises

You can get an appointment by coming to the clinic in person on Thursday at 3:00 pm (1:00 pm on 2nd Thursdays). You may receive an appointment time for later that day.

Kings Clinic **405-848-4005**

921 W. Britton Road, OKC, OK 73114

www.kingsclinic.com

- Call to be put on a wait list.
- Extractions, only

Little Flower Church Clinic **405-235-7055**

Parrish Office 405-235-2037, press 4

1125 S. Walker, OKC, OK 72109

Adult and Pediatric Clinic

Wed 4pm – 7pm

- All clinics on a walk-in basis
- No fees
- Spanish and English spoken
- Be there by 4:30pm
- \$10 donation

Manos Juntas Medical Clinic **405-605-3101**

1320 N. Pennsylvania Avenue, OKC, OK 73103

(Epworth Methodist Church Basement)

Call for hours

www.manosjuntas.com

- Individuals/families sign in, receive a number, and are provided a hospitable environment in which to wait.
- Any individual/family who arrives in the building between 9am and 11:15am will be seen that day at no cost.
- Diagnostic lab available.
- Limited pharmaceuticals provided (1-2 weeks of medication can be supplied; more can be provided with additional visits).
- Organization serves around 150 individuals/families a week.

Ministries of Jesus **405-340-7400**

1100 East I-35 Frontage Rd., Edmond, OK 73013

Call for hours

- Provides eye exams to individuals of any age residing in any county.
- Also provides medical clinic.
- Call ahead for referrals and appointments.

Norman Regional Hospital **1-877-667-6734**
HealthLink

901 N. Porter Ave. Norman, OK 73071

Ask a nurse & physician referral

Telephone triage, health/drug info. & physician referral information.

Open Arms Free Clinic **405-789-0458**

5252 N. Meridian Ave., Ste. 101, OKC, OK

Call for hours

People accepted on a 1st come, 1st served basis. Oklahoma County residents only. Basic medical care only. If you have a health question, call Health Link at 405-329-6877. This phone is answered 24 hrs. /day by an R.N. Patients needing more in depth care are referred to a network of volunteering specialists and primary care physicians.

- Treats 20-25 patients. If 2 physicians are working, 30-35 patients are seen.
- No gynecological exams.
- No lab work.
- Flu shots given on specific dates (generally 1-2 days in the fall).
- Clinic pharmacy does not dispense any controlled or injectable medications.
- Prayer needs

Patients wanting meds refilled must first see the clinic physician and have the number of refills allowed noted. Refills filled according to availability.

St. Charles McAuley Free Clinic **405-495-4667**

(Located in St. Charles Borromero Church)

4915 N. State St., Warr Acres, OK 73122

Call for hours

Provides an opportunity to maintain wellness to any individual who is considered medically indigent (not covered by Medicare/Medicaid or any other insurance). We do this through education in the areas of diabetes, high blood pressure, nutrition and women's clinics. We also are open to individuals who are sick and seeking treatment during regular clinic hours:

- 1st come, 1st served basis
- Minor illness only
- Health Care assessments for all ages
- Prescriptions
- Call ahead for diabetic and women's health clinic hours.

Family Practice - Monday Evenings at 4:30 p.m.

Dermatology Clinic - 4th Wednesday of each month. Call for an appointment.

Diabetic Clinic - Check with clinic staff for specific clinic dates

Gynecology Exams - Contact the clinic at 495-4667 to schedule a gynecological exam

If have chest pain, significant breathing problems, major wounds, or possible broken bones, go to the Emergency Room.
405-755-1515 (Mercy Health Center Operator)

Variety Care

MENTAL HEALTH EMERGENCY/SUICIDE (ADULTS)

Call 9-1-1 for immediate help!

Heart Line/CARE Line **405-848-2273(CARE)**
Statewide 1-800-273-8255 (TALK)
24 hrs. /day, 7 days/week hotline

iMAT Integris **405-951-2273**
Mobile Assessment Team
(Only Mobil to Integris Hospitals/Facilities)

- 24 hour Crisis Intervention & Referrals.
- For children, adolescents, adults, seniors, & chemical dependency.
- 24 hr. Triage on Phone

Mental Health Emergency
Call 911 or go to local emergency room.

Oklahoma County Crisis Intervention Center **405-522-8100**
2625 General Pershing Blvd, OKC, 73107
24 hours a day/7 days a week
Mental health and drug/alcohol abuse crisis intervention facility,
24-hour medically supervised detox for adults for OK county.

www.suicidepreventionlifeline.org

Need a LGBT friendly ear?

Call 866-488-7386

www.thetrevorproject.org

24 hours a day, 7 days a week.

MENTAL HEALTH EMERGENCY - SUICIDE (CHILDREN/TEENS)

Call 9-1-1 for immediate help!

CARE for KIDS after Hours Program **405-573-6477**
Cleveland County- Norman, OK

Enhanced Children's Mobile Crisis **405-858-2700**
Oklahoma County - Oklahoma City, OK
Mobile Crisis Response (MCR) Teams are a 24-hour, 7 day per week service that provides assistance for mental health and substance abuse crises through telephone or face-to-face assessments.
www.cocmhc.org

iMAT Integris **405-951-2273**
Mobile Assessment Team
(Only Mobil to Integris Hospitals/Facilities)

- 24 hour Crisis Intervention & Referrals.
- For children, adolescents, adults, seniors, & chemical dependency.
- 24 hr. Triage on Phone

www.suicidepreventionlifeline.org

Need a LGBT friendly ear?

Call 866-488-7386

Teenline **1-800-852-8336**
24 hours a day/7 days a week hotline
www.teenlineonline.org
Provides free, confidential, and anonymous telephone listening, crisis intervention, and information and referral services.

www.thetrevorproject.org

24 hours a day, 7 days a week.

NON-EMERGENCY MENTAL HEALTH COUNSELING

Adult Outpatient Clinic- O.U.H.S.C. **405-271-5251 ext. 47643**
www.ouhsc.edu
G. Rainey Williams Pavilion
920 Stanton L. Young Blvd. O.U. Health Science Center, OKC,
OK 73117

Adult patients with a wide range of mental health conditions are assessed and treated through the utilization of psychotherapy and pharmacology.

21 Days 2 Change, LLC **405-254-5228**
Jamestown Office Park
3035 NW 63rd, Suite 200 OKC, OK 73116

- Home based services
- Individualized treatment plan
- Individual, Family, and Group Counseling

Accepts Medicaid and private pay based on income