

(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

A Chance to Change Foundation 405-840-9000
5228 Classen Circle, OKC, OK 73118
Mon – Fri 8am – 5pm (evenings by appointment)
www.achancetochange.org

- Offers assistance with substance abuse, problem gambling, sex addiction, and other behavioral addictions.
- Counselors are qualified to work with those suffering from depression, anxiety, post-traumatic stress syndrome, and other trauma.
- Can help with marital and family issues and have children and adolescent specialists on staff.

C.A.R.E for Change, Inc. 405-524-5525
3621 N. Kelley Ave Suite 100, OKC, OK 73111
Mon – Fri 8:00am – 5:00pm
www.careforchange.org

- Individual, Family, & Group Counseling (including Substance Abuse, Anger/Impulse Management, Parenting, Relapse Prevention)
- Substance Abuse Counseling, Drug and Alcohol Assessment, Case Management, Drug Testing, and 24 Hour Crisis Services.
- Men and fatherhood classes
- Co-ed Anger classes
- Fees are based on Sliding Scale or Medicaid is accepted.

Central OK Community Mental Health Center 405-360-5100
P.O. Box 400, Norman, OK 73070-0400 (mailing)
909 E. Alameda Norman, OK (location)
8:00am-5:00pm Mon-Fri.
www.cocmhc.org
Offers mental health and substance abuse services to children, youth, adults, and families. Services include:

- Transitional Services – provides transitional support to young people 16 – 25 who live in Cleveland or McClain Counties and have serious mental health conditions (405-573-3812).
- Child and Family Services – child and family counseling services, parent-child interaction therapy (PCIT), CARE for KIDS Mobile Crisis Program (405-573-6477 - Provide 24hr mental health assessment and stabilization for Cleveland and McClain County children and families who are in acute psychological, emotional or behavioral health crisis)
- Family Frontier System of Care – comprehensive spectrum of mental health and other necessary services which are organized into a coordinated network to meet the multiple and changing needs of children and their families (includes Wraparound Services, Family Night, Parent/Caregiver Involvement, Partners of Hope, Family Leadership Academy, Youth Involvement, The Motivators, and Teens Need to Talk (TNT2)).
- Outpatient mental health

Children's Recovery Center 405-364-9004
320 12th Ave Norman, OK 73071
24 hr.

- Mental health and substance abuse services for children, young adults, and families throughout Oklahoma.
- Inpatient 13-17 yrs. old

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.

Hope Community Services 405-634-4400
6100 S. Walker, OKC, OK 73139
Mon - Thu 8am – 7pm, Fri 8am – 5pm
Walk-in Intake Hours: 8 am – 11:30 am (will accept after 11:30)
www.hopecsi.org

Basic services are targeted to persons who have a primary diagnosable mental/emotional disorder. Individuals with co-occurring disorders are welcomed for treatment. Specialized services (i.e. housing) shall serve areas dictated by the funding source. Services are prioritized by the following criteria:

- Persons in crisis
- Persons being released from state psychiatric inpatient facility or OCCIC
- Persons at risk for hospitalization
- Severely mentally ill adults or severely emotionally disturbed children
- Persons being released from a private psychiatric inpatient facility.

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 hour Triage by Phone

Logan Community Services 405-282-5524
4710 South Division, Guthrie, OK 73044
Mon – Thu 8am – 8pm & Fri 9am – 1pm
<http://servinglogan.com/>
Not-for-profit agency providing an array of services to the Logan County community.

- 24-hour crisis intervention
- Emergency youth shelter
- Information and referral
- Individual, group, and family counseling
- Marriage and relationship seminars, co-parenting after divorce, anger management, domestic violence, DUI school (ADSAC)
- Parenting education
- Mentoring/tutoring
- Systems of Care
- Smart Start – child development program for children birth to 3 years
- Drug-Alcohol recovery and education (counseling, groups, and classes)
- Accept Medicaid and offer sliding scale fee

Mary Mahoney Health Center 405-769-3301
12716 NE 36th, Spencer, OK 73140 (PO Box 30589)
(Past Spencer, close to Jones, OK)
Clinic: Mon - Thu 8am - 5pm; Fri 10am - 5pm

Pharmacy: Mon, Wed, & Thu 9am - 6:30pm; Tues 9am - 5pm; & Fri 10am to 5pm

- Low-cost EMG dental services only; NO surgical extractions/dentures/crowns.
- Must register at Clinic Center; based on sliding scale (lowest cost \$20); need income proof.
- Also provide primary medical care with in-house lab, pediatrics, WIC, psychological services, and case management on sliding scale

Ministries of Jesus 405-340-7400

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

Mon - Thu 9am - 4pm, Friday 9am-12pm

<http://www.moj.com/counseling>

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

National Alliance on Mental Illness

www.nami.org

Provides mental health information

New Discoveries Youth and Family Services 405-232-1401

628 NE 4th Street, OKC, OK

Mon 8am - 7pm & Tues - Fri 8am - 5pm

Provide outpatient individual and group counseling, parenting classes, anger management classes, substance abuse classes, and outpatient substance abuse program. Accept Medicaid and court order vouchers, as well as sliding scale fees based on classes.

Norman Counseling Clinic 405-360-0556

2221 Westpark Dr. Norman, OK 73069

Mon - Fri 8:30 - 5:30 (after by appt.)

Full range of outpatient psychiatric services for all ages.

NORTHCARE CENTER (Adult Services) 405-272-0660

1140 N. Hudson, OKC, OK 73103

Mon, Wed, Thu 8am- 5pm / Tue 8am - 7pm / Fri 8am - 3pm

www.northcare.com

Adult mental health and substance abuse therapy, bed clinic, case management services. English/Spanish. Medicaid/SoonerCare accepted. 18 and over. Sliding scale, private pay, some insurance.

Program for Assertive Community Treatment 405-810-9578

1140 N. Hudson, OKC, OK 73103

M-F 8am-5pm, (24 hour on call phone)

Outpatient behavioral health services.

Red Rock Behavioral Health Services 405-424-7711

4400 N. Lincoln Blvd., OKC, OK 73105

(Statewide offices: Shawnee, El Reno, Elk City, Clinton, Chickasha)

Must go to screening first (M-F 8am - 3pm) and then the center will set up an appointment.

Mon-Thu 8am-5pm & Fri 8am-4pm

www.red-rock.com

- Individual and family counseling
- Home based counseling for youth and families
- Crisis Intervention
- Medication Clinic

- Accept Medicare, Medicaid, SoonerCare, Blue Cross/Blue Shield, Saints, Health Choice

Sunbridge/Mental Health Association of Central Oklahoma

405-943-3700

400 N. Walker, Suite 190, OKC, OK 73102

Mon - Wed 10am - 6pm

www.mhaok.org

Very low cost individual, marital, and family counseling, parental consultation and psychological evaluation. Fees are based on family income. No one is ever denied services based on inability to pay. Generally, the wait is no more than two to four weeks.

Eligibility requirements:

- Must live in Central Oklahoma
- Cannot be involved in or expect to be involved in any issues before the court
- Unable to access counseling services through your community mental health center
- No primary substance abuse or severe and persistent mental illness.

Sunbeam Family Services

405-528-7721

616 NW 21st, OKC, OK 73103-1899

8:30am - 8pm Mon - Wed, 8:30am - 5pm Thu & Fri

www.sunbeamfamilyservices.org

- Emergency and contract foster care for abused/neglected children.
- Individual, marital, and family counseling for all ages based on sliding scale for those without insurance (insurance also accepted).
- Senior Services (including senior companion program, caregivers program for seniors, and adult shelter for those 55+).
- Early Head Start

Youth and Family Services of El Reno

405-262-6555

7565 East Highway 66, El Reno, OK

Mon - Thu 8:30am - 5pm, & Fri 8:30am - 3pm

- Outpatient counseling for youth and families
- Homeless prevention program
- Emergency youth shelter
- Drug and alcohol class and counseling for youth
- Accept Medicaid and offer sliding scale fee
- Housing Placement

PARENTING/RELATIONSHIP PROGRAMS

Bethel Foundation

405-286-3700

13003 N. Western, OKC, OK 73114

bethelfoundationsusa.com

For single moms who desire faith based support.

- Obtain temporary housing to create a better home for your children. Complete classes to earn your GED. Prepare paperwork to get you accepted into college or vocational schools. Apply for financial aid, scholarships and grants to pay for your higher education expenses.