



## Tulsa Area Community Resources

### ADDICTION///ABUSO DE SUSTANCIAS

AA (peer support)	627-2224
AL-ANON (peer support)	627-9114
Ardmore Vantage Point	405-226-5048
Gamblers Anonymous (peer support)	760-4349
HOW Foundation	252-5739
Magnum New Hope	580-782-3337
McAlester Treatment Center	423-6350
Muskogee Monarch	683-0124
Narcotics Anonymous	747-0017
Norman Treatment Center	405-573-6624
OKC Drug Recovery	405-232-7215
Overeaters Anonymous (peer support)	731-4102
Palmer Recovery Center	832-7763
Tulsa Women and Children's Center 12 & 12	430-0987 664-4224

### BEHAVIORAL HEALTH//SALUD MENTAL COMPARTAMIENTO

Counseling & Recovery Services	492-2554
COPEs	744-4800
CREOKS	382-7300
Daybreak Family Services	561-6000
Family and Children's Services	587-9471
Gambling Helpline	760-4349
Hillcrest Inpatient Services	579-1190
Laureate Inpatient Services	481-4000
Mental Health Association	585-1213
OU Psychiatry Clinic	660-3130
Parkside	588-8888
Shadow Mountain	492-8200
Suicide Prevention	800-273-TALK
TCBH	293-2100
Tristesse Grief Center	587-1200
Youth Services	582-0061

### CLOTHING//ROPA

Baptist Ministry Center	585-5310
Catholic Charities	949-4673
Christ 4 Humanities	836-2424
Day Center for the Homeless	583-5588
Dream Center	430-9984
Eastland AOG Church	437-2590
First Baptist Church	587-6068
GUTS Church	622-4422
John 3:16	592-1186
Neighbor for Neighbor	425-5578
Operation Share	587-7801
Restore Hope	582-5766
Salvation Army	587-7801

### COMMUNITY RESOURCE CENTER//CENTROS RECURSOS

Arms Around BA	258-7714
Bixby Community Outreach Center	366-9226
Bristow Social Services	367-5400
Broken Arrow	258-6545
Broken Arrow Neighbors	251-7781
Community Care of Sapulpa	224-6464
Cornerstone's Assistance Network	583-3670
Glenpool Outreach Center	321-2300
Osage Nation Social Services-Pawhuska	584-1111
Owasso Community Resources	272-4969
Sand Springs Community Services	245-5183
Skiatook Emergency Assistance Center	396-1137
South Peoria Neighborhood House	742-5597
Wagoner Area Neighbors	485-2309
Westside Cornerstone	446-3145

### DISABILITY RESOURCES//RECURSOS PARA INCAPACITADOS

Ability Resources	592-1235
The Center for Physically Limited	584-8607
Disability Law Center	743-6220
Social Security	800-772-1213 / 918-641-2405
Vocational Rehabilitation	581-2301

### DIABETIC RESOURCES//DIABETICOS DE RECURSOS

American Diabetes Association	492-3839
Project Get Together	835-2910

### FOOD//COMIDA

Baptist Ministry Center	585-5310
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Bixby St. Clements Comm. Outreach	366-3166
Catholic Charities	949-4673
Christ 4 Humanity	836-2424
Cornerstone Mission First Baptist	258-4575
Day Center	583-5588
Dream Center	430-9984
Emergency Infant Services	582-2469
GUTS Church	622-4422
Helping Hands	584-6923
John 3:16	592-1186
Kendall Whittier (area residents)	592-3000
Loaves and Fishes	234-8577
Manna House	836-5541
Neighbor for Neighbor	425-5578
Restore Hope	582-5766
Salvation Army	587-7801
Sand Springs Welfare Assoc.	245-5183
Sodexo	835-4160
Sapulpa Corps Comm. Center	224-4415
Tri-County CAP (Coweta, Porter, Wagnr)	486-2471
Tulsa Social Services	596-5583
Western Neighbors	445-8840

### GLBTQQ & HIV

Catholic Charities	949-4673
Equality Center	743-4257
Ryan White Clinic (OSU)	382-5058
Trevor Lifeline CrisisLine	866-488-7386
Tulsa Cares	834-4194
Tulsa Youth Services	582-0061

### HOUSING//VIVIENDA

Catholic Charities	949-4673
Charles Page Family Village	245-6592
Circle of Housing	256-1489
Glory House (singles only)	584-1808
Habitat for Humanity	592-4224
Mental Health Association	585-1213
Neighborhood Housing Services	584-7069
Neighbor 4 Neighbor	425-5578
Rebuilding Tulsa Together Home Repair	742-6241
Tulsa Development Authority (repairs for income eligible)	596-2600

### MEDICAL CLINICS//CLINICAS MEDICAS

Arubah Community Clinic Collinsville	371-3806
Bedlam Evening Clinic	619-4555
Broken Arrow Neighbors	251-7781
Catholic Charities	508-1799
Community Health Connections	622-0641
Day Center for the Homeless Clinic	583-5588
Dream Center	430-9984
Glenpool Faith Family Clinic	291-0004
Good Samaritan	493-7884
Indian Health Care Center	588-1900
Morton Clinic	587-2171
Neighbors Along the Line	582-3491
Neighbor 4 Neighbor	425-5578
Osage Nation Social Svcs-Pawhuska	287-5335
Tulsa Co. Social Services	596-5560
Veteran's Outpatient	628-2500
Xavier	583-7233

### MEDICATIONS//RECURSOS PARA MEDICINAS

Catholic Charities	949-4673
Christ 4 Humanities	832-2424
Community Action Project	382-3295
Couch Pharmacy	835-9577
Freeland Brown	743-4491
GenScripts	828-9696
Healthwell Foundation	<a href="http://www.healthwellfoundation.org">www.healthwellfoundation.org</a>
Helping Hands	584-6923
Ministry Center	585-5310
Neighbors Along the Line	584-1111
Neighbor 4 Neighbor	425-5595
OK Prescription Drug Program	<a href="http://www.okrxdiscount.com/">www.okrxdiscount.com/</a>
Restore Hope	582-5766
Tulsa Baptist Ministry	585-5310
Tulsa Co. Pharmacy	596-5577



Western Neighbors 445-8840

**UTILITIES//SERVICIOS VIVIENDA**

American Legion Veterans 584-4274  
Boston Ave. Helping Hands 584-6923  
DHS Central 280-3100  
DHS Downtown 581-2070  
DHS North 430-2300  
Disabled American Veterans 834-4643  
First Baptist 587-6068  
Harvest House 492-5511  
John 3:16 592-1186  
Neighbors Along the Line 528-7201  
Neighbor 4 Neighbor 425-5578  
Restore Hope 582-5766  
Salvation Army 587-7801

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**SENIOR SERVICES//SERVICIOS PARA ANCIANOS**

Alzheimer's Association 392-5000  
Area Agency on Aging 596-7688  
Caregiver Telephone Support Group 800-272-3900  
Legal Services (SPLASH) 855-488-6814  
Life Senior Services 664-9000  
Meals On Wheels 627-4103  
Oasis Adult Day programs 749-6969  
Reaching Hands 747-0803

**SHELTER//REFUGIO**

Day Center for the Homeless 583-5588  
John 3:16 Family and Youth Center 592-1186  
John 3:16 Men's Shelter 587-1187  
Salvation Army 587-7201  
Tulsa Social Services 596-5583  
Tulsa Housing Authority 582-0021  
Tulsa Urban League 836-4357  
Volunteers of America Supported Housing 307-1500  
Youth Services 582-0061

**WOMEN AND CHILDREN//MUJERES Y NIÑOS**

Babyline (prenatal appointments) 838-0694  
Birth Certificates 594-4840  
Birthright 481-1884  
Car Seats 494-SAFE  
Child Care Resource Center 834-2273  
Children First 732-4600  
Child Guidance (parenting) 594-4720  
Crisis Pregnancy Outreach (peer support) 296-3377  
EduRec (support) 430-3947  
Emergency Infant Services (supplies) 582-2469  
Hope Pregnancy Center (supplies) 622-3325  
Hope Home (housing) 728-3047  
Madonna House (housing) 949-4673  
Margaret Hudson (school) 746-9200  
Margaret Hudson BA (school) 251-2647  
MEND Tulsa (supplies) 745-6000  
Parents as Teachers (parenting) 925-1403  
Parent Child Center (parenting) 599-7999  
Parenting Info: [www.text4baby.org](http://www.text4baby.org)  
Pearl's Hope (housing) 583-9506  
Resonance 587-3888  
Sooner Start (developmental services) 835-8691  
St. Elizabeth's Lodge (housing) 949-4673  
Urban League (young and new moms) 584-0001 x 334  
WIC (formula & food) 582-3955  
Youth Services 582-0061

**DOMESTIC VIOLENCE//VIOLENCIA DOMESTICA**

Dayspring Villa 245-4075  
DVIS 585-3143  
Family Safety Center 742-7480  
Protection Orders 596-4805  
Shelter for Muslim Women 282-2362  
National Crisis Line 800-799-SAFE

**TRANSPORTATION//TRANSPORTACION**

Neighbor for Neighbor 425-5578  
Sooner Ride 877-404-4500  
Tulsa Lift Program 585-1195  
Tulsa Transit 582-2100  
Morton Transportation 587-2171  
My Ride: [www.myride.ok.gov](http://www.myride.ok.gov) 1-844-656-9743

**DENTAL/HEARING (OIDO)/VISION SERVICES//SERVICIOS**

Catoosa Dentures and Dental Services 266-2906  
Department of Rehab Serv.: Hearing 836-5556  
Department of Rehab Serv.: Vision 581-2386  
Eastern OK Donated Dental Services 742-5544 OR 742-5548  
First United Methodist Church 587-9481  
Indian Health Care Resource Center 382-1257  
Lions Club – Glasses 742-5555  
Mary Chapman Center at TU (hearing) 631-2504  
Morton Health Center (dental) 295-6145  
Morton Health Center (vision) 587-2171  
Neighbors Along the Line 584-1111  
Neighbor for Neighbor (dental& vision) 425-5595 x 122x119  
OU School of Dentistry (adults/children) 405-271-6056/4750  
Senior Hearing Aid Project 580-622-4900  
SHARP Hearing Aid Program 832-8742  
Tulsa Community College (dental cleaning) 595-7022  
Tulsa EM Clinic 583-2285  
Tulsa Health Department (dental) 594-4860  
Tulsa Speech and Hearing (hearing aids) 832-8742

**FINANCIAL//FINANZAS**

Consumer Credit Counseling 744-5611  
DHS Central 280-3100  
DHS Downtown 581-2070  
DHS North 430-2300  
Restore Hope (rent assistance) 582-5766  
[www.needhelpayingbills.com/html/oklahoma](http://www.needhelpayingbills.com/html/oklahoma)

**JOB READINESS SERVICES//PREPARACION PARA EL TRABAJO**

Catholic Charities 949-4673  
Dress for Success 599-8892  
First United Methodist 592-3862  
Goodwill Workforce Development 584-7291  
GUTS Church 622-4422  
Workforce Oklahoma 895-8921  
YMCA Women's Resource Center 588-9393

**INSURANCE RESOURCES// RECURSOS PARA SEGURO**

Insure Oklahoma 631-3629  
[www.healthcare.gov](http://www.healthcare.gov) 1-800-318-2596

**LEGAL SERVICES//SERVICIOS LEGALES**

Broken Arrow Neighbors 251-7781  
Dream Center 430-9984  
Lawyer Referral Services 587-6014  
Neighbor for Neighbor 425-5571  
Legal Aid:SPLASH 584-3338

**REENTRY SERVICES//REENTRADA DE SERVICIOS**

Hope Ministries for families of prisoners 599-0663  
Resonance Center 587-3888  
Tulsa ReEntry 1 Stop 938-6141

**HELPLINES/ MISCELLANEOUS SERVICES//LÍNEA DE AYUDA**

Helpline 211  
Caregiver 24 hour Helpline 800-272-3900  
Cox Phone Line 806-6000  
Domestic Violence Crisis Line 918-7HELP ME  
GED Preparation 595-2899  
H.O.P.E. HIV testing 749-8378  
Smoking Cessation 800-QUIT-NOW  
Sooner Care Helpline 800-987-7767  
Suicide Prevention 800-273-TALK  
Teen Crisis Line 582-0061  
Tulsa Health Line 836-4357  
Weather Coalition (AC unit assistance) 834-2665  
Veterans Crisis Text Line 838255  
YMCA Intercultural Center 663-0377

**SOBER LIVING**

Oxford House 493-1027

**HEALTH EDUCATION**

Alzheimer's Association 392-5000  
OK Healthy Aging Initiative 800-211-2116  
Area Agency on Aging 584-7526