



Statewide Resources

Department of Human Services - www.okdhs.org

- Child or Vulnerable Adult Abuse Hotline: 1-800-522-3511
- Domestic Violence Resources: 1-800-522-SAFE(7233)

Department of Mental Health and Substance Abuse Services - www.ok.gov/odmhsas

- Main Number: 405-522-3908
- Help Lines
 - 2-1-1 Call 211
 - Disaster Distress Hotline: 1-800-985-5990
 - Gambling Hotline: 1-800-522-4700
 - Reachout Hotline: 1-800-522-9054
 - Suicide Prevention: 1-800-273-TALK (8255)
 - Tobacco Helpline: 1-800-QUIT-NOW (784-8669)

National Suicide Prevention Lifeline - <http://www.suicidepreventionlifeline.org>

- 1-800-273-TALK (8255)

Department of Education - sde.ok.gov

- Counseling Services: 405-521-3549
 - sde.ok.gov/sde/counseling
- Prevention Services: 405-521-2106
 - sde.ok.gov/sde/prevention-education

Oklahoma School Counselor Association - www.okschoolcounselor.org

- 918-640-9453

American School Counselor Association - www.schoolcounselor.org

- 1-800-306-4722