**Statewide Resources**

Department of Human Services - [www.okdhs.org](http://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](http://www.ok.gov/odmhsas)

* Main Number: 405-522-3908
* Help Lines
	+ [2-1-1](http://www.211.org/) Call 211
	+ [Disaster Distress Hotline](http://www.ok.gov/odmhsas/documents/SAMHSA%20Disaster%20Distress%20Helpline%20Oct%202012.pdf): 1-800-985-5990
	+ Gambling Hotline: 1-800-522-4700
	+ Reachout Hotline: 1-800-522-9054
	+ [Suicide Prevention](http://www.suicidepreventionlifeline.org/): 1-800-273-TALK (8255)
	+ [Tobacco Helpline](http://www.ok.gov/stopswithme/): 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](http://www.sde.ok.gov)

* Counseling Services: 405-521-3549
	+ [sde.ok.gov/sde/counseling](http://sde.ok.gov/sde/counseling)
* Prevention Services: 405-521-2106
	+ [sde.ok.gov/sde/prevention-education](http://sde.ok.gov/sde/prevention-education)

Oklahoma School Counselor Association -[www.okschoolcounselor.org](http://www.okschoolcounselor.org/)

* 918-640-9453

American School Counselor Association - [www.schoolcounselor.org](http://www.schoolcounselor.org)

* 1-800-306-4722