

## IMPROVING HEALTH FOR ADULTS

“It’s like coming out of darkness. A new world opened up. I’m doing things I couldn’t do before.”

This man’s comment shows that mental health and substance abuse treatment works. One in five Oklahomans suffers from these disorders. Sadly, most do not seek help.

Successful treatment is unique for each individual.

Mental health, physical health & wellness services include:

- Crisis intervention
- Mental health and substance abuse treatment
- Managing care for chronic physical health issues
- Psychiatric medication management
- On-site pharmacy for all prescriptions
- Transitional and independent housing
- Education and support to avoid homelessness
- Individual and group counseling & therapy
- Peer support
- Self-care and living skills
- Wellness classes and support

## CRISIS TO RECOVERY

Help is a phone call away. Costs are based on income and ability to pay.

Physicians prescribe the newest, most-effective medications for symptoms. Pharmacy staff helps clients make the best of benefits and apply for medication assistance.

Clinicians help clients identify treatment options to achieve recovery and coordinate access to community resources that meet clients’ health care needs.

**Counseling & Recovery**   
SERVICES OF OKLAHOMA 

# Counseling & Recovery

SERVICES OF OKLAHOMA

Certified Sanctuary Community

---

A non-profit community mental health center since 1982

**Helping build better lives through behavioral health and substance abuse services**

**CARING FOR THE WHOLE PERSON:  
ADULT MENTAL & PHYSICAL HEALTH  
WELLNESS & SUBSTANCE ABUSE TREATMENT**

---

7010 S. Yale, Suite 215  
Tulsa, OK 74136  
**918.492.2554** phone  
918.494.9870 fax  
info@crsok.org

401 E. Broadway  
Sand Springs, OK 74063  
**918.245.5565** phone  
981.245.5564 fax

info@crsok.org

Counseling & Recovery Services receives funding through a contract with the Oklahoma Department of Mental Health & Substance Abuse Services, Medicaid, Medicare, and through charitable gifts.

**crsok.org**