

TULSA COUNTY RESOURCE LIST

Medical Clinics

Bedlam Evening Clinic	918-619-4555
Broken Arrow Neighbors	918-251-7781
Community Health Connection	918-622-0641
Care Com Friends of Sapulpa	918-224-6464
Day Center Clinic	918-583-5588
Good Samaritan	918-710-4222
Indian Health Care Center	918-588-1900
Morton Clinic	918-587-2171
Neighbors Along the Line	918-582-3491
Neighbor for Neighbor	918-425-5578
OSU Family Medicine	918-599-1000
OSU Internal Medicine	918-599-1000
OU Community Health	918-619-4400
Tulsa County Social Services	918-596-5560
Xavier	918-583-7233

Diabetic Resources

American Diabetes Association	918-492-3839
Diabetic Health Education	918-619-4563

LGBTQ & HIV

Equality Center	918-743-4297
Hope Testing Clinic	918-749-8378
Ryan White Clinic	918-382-5058
Tulsa Cares	918-834-4194
Tulsa Health Department	918-594-4780
Tulsa Youth Services	918-582-0061

Pain Clinics

Specialty Pain Management	918-481-6494
Tulsa Pain Consultants	918-742-7030

Medication/ Prescriptions

Catholic Charities	918-585-8167
Couch Pharmacy	918-835-9577
Freeland Brown	918-743-4491
GenScripts	918-828-9696
HealthWell Foundation	800-675-8416
Helping Hands	918-584-6923
Neighbor for Neighbor	918-425-5595
OK Drug Card	www.oklahomadrugcard.com
Tulsa Baptist Ministry	918-585-5310
Tulsa County Pharmacy	918-596-5560
Boston Avenue Helping Hands	918-584-6923

Food

Baptist Ministry Center	918-585-5310
Broken Arrow Neighbors	918-251-7781
Bixby St. Clements Outreach	918-366-9721
Catholic Charities	918-585-8167
Care Com Friends of Sapulpa	918-224-6464

Church that Matters 918-512-1486

Arms Around Broken Arrow	918-258-7714
Day Center	918-583-5588
Dream Center	918-430-9984
Emergency Infant Services	918-582-2469
GUTs Church	918-622-3927
Helping Hands	918-584-6923
Helpline	211
John 3:16	918-592-1186
Kendall Whittier (Area Residents)	918-592-3000
Loaves and Fishes	918-234-8577
Manna House	918-836-5541
Neighbor for Neighbor	918-425-5578

TULSA COUNTY RESOURCE LIST

Owasso Community Resources	918-272-4969	Sand Springs Com Services	918-245-5183
Restore Hope	918-582-5766	Salvation Army (Tulsa)	918-587-7801
Salvation Army	918-587-7201	(Sand Springs)	918-245-2237
Sand Springs Com Services	918-245-5183	Skiatook Emergency Assist	918-396-1137
Skiatook Emergency Assist	918-396-1137	Restore Hope	918-582-5766
South Tulsa Community House	918-742-5597	Wagoner Area Neighbors	918-485-2309
Sodexo	918-835-4160	<u>Senior Services</u>	
Caring Com Friends Sapulpa	918-224-6464	Alzheimer's Association	918-392-5000
Tri County CAP	918-486-2471	Area Agency on Aging (INCOG)	918-579-9477
Tulsa Social Services	918-596-5560	Caregiver Phone Support Group	800-272-3900
Wagoner Area Neighbors	918-485-2309	Legal Aid of Oklahoma	1-888-534-5243
Boston Avenue Helping Hands	918-584-6923	Life Senior Services	918-664-9000
Disabled American Veterans	918-834-4643	Meals On Wheels	918-627-4103
First Baptist	918-587-6068	Oasis Adult Day Programs	918-224-0410
Neighbors Along the Line	918-584-1111	<u>Shelters</u>	
Eastland AOG Church	918-437-2590	Day Center for the Homeless	918-583-5588
GUTs Church	918-622-3927	John 3:16 Family/Youth Center	918-592-1186
<u>Utilities</u>		John 3:16 Men's Shelter	918-587-1186
Arms Around BA	918-258-7714	Salvation Army (Tulsa)	918-587-7801
American Legion (Veterans)	918-584-4274	(Sand Springs)	918-245-2237
Broken Arrow Neighbors	918-251-7781	Tulsa Social Services	918-596-5583
Boston Avenue Helping Hands	918-584-6923	<u>Housing</u>	
Care Com Friends of Sapulpa	918-224-6464	Catholic Charities	918-585-8167
DHS Downtown	918-581-2401	Charles Page Family Village	918-245-6592
DHS North	918-430-2300	OK Housing Finance Agency	800-256-1489
Disabled American Veterans	918-834-4643	Dayspring Villa	918-245-4075
First Baptist	918-587-6068	Glory House (Single Only)	918-584-1808
Harvest House	918-884-7667	Habitat for Humanity	918-592-4224
Helpline	211	Tulsa Housing Authority	918-582-0021
Neighbors Along the Line	918-584-1111	Volunteers of America	918-307-1500
Owasso Community Resources	918-272-4969	Youth Services	918-582-0061

TULSA COUNTY RESOURCE LIST

Home Repairs

Rebuilding together Tulsa 918-742-6241

Clothing

Arms Around BA 918-258-7714

Bixby Com Outreach Center 918-366-9226

Baptist Ministry Center 918-585-5310

Catholic Charities 918-585-8167

Day Center for the Homeless 918-583-5588

Dream Center 918-430-9984

Eastland AOG Church 918-437-2590

First Baptist Church **918-587-6068**

GUTs Church 918-622-3927

John 3:16 918-592-1186

Neighbor for Neighbor 918-425-5578

Restore Hope 918-582-5766

Sand Springs Com Services 918-245-5183

Salvation Army 918-587-7801

Wagoner Area Neighbors 918-485-2309

Women and Children

Birth Certificates 918-594-4840

Birth Control Plan Line 918-838-0697

Car Seats 918-494-SAFE

Child Care Resource Center 918-834-2273

Child Guidance (Parenting) 918-594-4720

Crises Pregnancy Outreach 918-296-3377

Emergency Infant Services 918-582-2469

Hope Pregnancy Center 918-622-3325

Madonna House 918-508-7140

MEND Tulsa 918-745-6000

Parent Child Center 918-599-7999

Parenting info www.text4baby.com

Resonance Center for Women 918-587-3888

Sooner Start 918-835-8691

St. Elizabeth's Lodge 918-585-5068

WIC (Formula and Food) 918-594-4820

Youth Services 918-582-0061

Domestic violence

Dayspring Villa 918-245-4075

DVIS 918-743-5763

Family Safety Center 918-742-7480

Protection Orders 918-596-5000

Shelter for Muslim Women 918-282-2362

Transportation

Neighbor for Neighbor 918-425-5578

Sooner Ride 877-404-4500

Tulsa Lift Program 918-585-1195

Tulsa Transit 918-582-2100

Community Resource Centers

Arms Around BA 918-258-7714

Bixby Com Outreach Center 918-366-9226

Broken Arrow Neighbors 918-251-7781

Care Com Friends of Sapulpa 918-224-6464

Owasso Community Resources 918-272-4969

Sand Springs Com Services 918-245-5183

Skiatook Emergency Assist 918-396-1137

South Tulsa Community House 918-742-5597

Wagoner Area Neighbors 918-485-2309

Dental and Hearing Services

Department of Rehab Services 918-836-5556

Eastern OK Donated Dental 918-742-5544

Indian Health Care Resource 918-588-1900

Lion Club-Glasses 918-742-5555

TULSA COUNTY RESOURCE LIST

M. Chapman Center TU Hearing	918-631-2504	Neighbor for Neighbor	918-425-5578
Morton Health Center	918-587-2171		
Neighbor for Neighbor	918-425-5595	<u>Prison Services</u>	
OU School of Dentistry	405-271-6056	Hope Ministries	918-599-0663
TCC (Dental Cleaning)	918-595-7022	Resonance Center	918-587-3888
Central Regional Health Clinic	918-594-4860	<u>Helplines/referrals</u>	
TSHA (Speech & Hearing)	918-832-8742	Helpline	211
<u>Financial</u>		Caregiver and Alzheimer's Help	800-272-3900
Consumer Credit Counseling	800-550-1961	Cox Life Line	918-806-6000
DHS Downtown	918-581-2401	Smoking Cessation	800-Quit-NOW
DHS North	918-430-2300	Sooner Care Help Line	800-987-7767
Restore Hope	918-582-5766	Suicide Prevention	800-273-TALK
<u>Job readiness services</u>		Teen Crises Line	800-852-8336
Dress for Success	918-599-8892	Tulsa 211 Helpline	918-836-4357
Goodwill Workforce Develop	918-584-7291	Weather Coalition (AC Help)	918-834-2665
Workforce Oklahoma	918-384-2300	<u>Behavioral Health</u>	
Resonance	918-587-3888	Counseling and Recovery Services	918-492-2554
<u>Disability resources</u>		COPEs	918-744-4800
Ability Resources	918-592-1235	CREOKS	918-382-7300
The center for Physically Limited	918-584-8607	Daybreak Family Services	918-561-6000
Disability Law Center	918-743-6220	Family and Children's Services	918-587-9471
Social Security	800-772-1213	Gambling Helpline	800-522-4700
Vocational Rehabilitation	918-581-2301	Hillcrest Inpatient Service	918-579-1190
<u>Insurance Resources</u>		Laureate Inpatient Services	918-481-4000
Insure Oklahoma	888-365-3742	Mental Health Association	918-585-1213
Marketplace	800-318-2596	OU Psychiatry Clinic	918-619-4400
<u>Legal Services</u>		Parkside In and Outpatient	918-588-8888
Dream Center	918-430-9984	Suicide prevention hotline	800-273-TALK
Legal Aid of Oklahoma	1-888-534-5243	TCBH	918-293-1200
Lawyer Referral Services	918-587-6014	Youth Services	918-582-0061
Legal Aid	918-584-3338		

TULSA COUNTY RESOURCE LIST

Addiction Services

AA (Peer Support)	918-627-2224
Al-Anon (Peer Support)	918-627-9114
North Care Family Treatment	405-282-8232
HOW Foundation	918-252-5739
McAlester Oaks Rehabilitation	918-423-6030
Muscogee Monarch	918-683-0124
Narcotics Anonymous	918-747-0017
OKC Drug Recovery	405-232-7215
Overeater anonymous	918-731-4102
Palmer Recovery Center	918-832-7763
Tulsa Women & Children Center	918-430-0987
12 & 12	918-664-4224

Health Education

Diabetes Health Awareness	918-619-4563
Alzheimer's Association	918-392-5000
OK health ageing initiative	918-584-7526
Morton Health Services	918-587-2171