



24 Hour Emergency

Police/Fire/Medical Emergency -----	911
COPEs (mobile mental health outreach) (https://www.fcsook.org)-----	918-744-4800
Domestic Violence / Rape (http://dvis.org) -----	918-743-5763
Missing & Exploited Children (https://www.missingkids.org) -----	800-843-5678
Poison Control Center (https://aapcc.org) -----	800-222-1222
Safe Line (http://www.oag.ok.gov/victim-services-resources) -----	800-522-SAFE (800-522-7233)
Child Abuse Hotline (https://www.childhelp.org) -----	800-4-A-CHILD (800-422-4453)
Teen Hotline (https://teenlineonline.org)-----	800-TLC-TEEN (800-852-8336)
National Suicide Hotline (https://suicidepreventionlifeline.org) -----	800-273-8255

Police

Bixby Police (https://police.bixbyok.gov)-----	918-366-8294
Broken Arrow Police (http://ok-brokenarrow.civicplus.com/90/Police-Department) -----	918-259-8400
Glenpool Police (https://www.glenpoolonline.com/173/Police-Department) -----	918-322-8110
Jenks Police (https://www.jenks.com/166/Police) -----	918-299-6311
Owasso Police (https://www.cityofowasso.com/161/Police-Department) -----	918-272-2244
Sand Springs Police (https://www.sandspringsok.org/195/Police)-----	918-245-8777
Sapulpa Police (https://www.cityofsapulpa.net/185/Police) -----	918-224-3862
Tulsa Police, non-emergency (https://www.tulsapolice.org) -----	918-596-9222

Legal Services

American Dream Center (http://www.americandreamcenters.org) -----	918-609-3247
Catholic Charities Immigration (https://cceok.org/immigration)-----	918-949-4673
YWCA (https://www.ywcatulsa.org/immigrant-and-refugee-services) -----	918-588-9393

Homeless / Housing Drop-In Centers

Day Center for Homeless (https://tulsadaycenter.org)-----	918-583-5588
Denver House – MHAOK (https://mhaok.org/denver-house) -----	918-585-1213
Iron Gate (food only) (https://www.irongatetulsa.org) -----	918-359-9039
The Station at YST (ages 16-24) (https://www.yst.org)-----	918-582-0061

Shelters

Day Center for the Homeless (https://tulsadaycenter.org) -----	918-583-5588
Domestic Violence Intervention Services (http://dvis.org)-----	918-743-5763
John 3:16 Men's Shelter (https://john316mission.org/shelter) -----	918-587-1187
John 3:16 Family and Youth (https://john316mission.org/family-youth) -----	918-592-1186
Salvation Army Social Services (http://www.salarmytulsa.org/social-services) -----	918-582-7201
Tulsa County Social Services (https://www.tulsacounty.org/tulsacounty/dynamic.aspx?id=716)-----	918-596-5591
Youth Services of Tulsa (ages 12-18) (https://www.yst.org) -----	918-582-0061
Residential Programs Bethesda RTC (girls 12-18) (http://www.bethesdaresidentialtreatment.org) -----	918-224-6389
Charles Page Village (Female) (https://www.sandspringshome.com)-----	918-245-6592
Community Action Project (CAP) (https://captulsa.org)-----	918-382-3200
DaySpring Villa (Female) (https://dayspringvilla.com) -----	918-245-4075
Empower Tulsa (Female)-----	918-521-9319
Exodus House (http://www.cjamm.org/ministries/exodushouse) -----	918-382-0905
Glory House (Female) (https://www.gloryhousetulsa.com) -----	918-584-1808
Inside Out Re-entry Services (Female) (http://insideoutreentryservices.org)-----	918-978-4002



Tulsa Area Community Resources



welcomers
international

www.americandreamcenters.org

www.welcomersinternational.org

Lindsey House (Female) (http://www.lindseyhouse.org) -----	918-933-5222
Madonna House (for pregnant women & Mothers with newborns) (https://cceok.org/madonnahouse) -	918-508-7140
Mental Health Association OK (https://mhaok.org) -----	918-585-1213
Neighbor for Neighbor (Circle Housing) (https://www.neighborforneighbor.org) -----	918-425-5578
New Life Homes (Female) (https://www.transitionalhousing.org/li/new-life-homes) -----	918-902-8435
Oklahoma Housing Authority (http://www.okdrs.org/guide/oklahoma-housing-finance-agency)-----	800-256-1489
Operation Hope (https://ohpm.org) -----	918-599-0663
Oxford House (https://www.oxfordhouse.org/userfiles/file)-----	918-895-8304
Pearl's Hope (Female) (https://www.circleofcare.org/ministries/pearlshope) -----	918-583-9506
St. Elizabeth's Lodge (Female) (https://cceok.org/stelizabethlodge)-----	918-508-7140
Surayya Anne Foundation (Female) (http://www.surayyaannefoundation.org)-----	918-282-2362
Tulsa Housing Authority (https://www.tulsahousing.org) -----	918-582-0021
Wings of Freedom (Female) (https://www.wingsoffreedomok.com)-----	918-584-8879

Employment

Bridges (http://thebridgesfoundation.org) -----	918-592-3333
CEO-Center for Employment Opportunity (https://ceoworks.org/locations/tulsa) -----	918-894-6561
Goodwill (https://www.goodwilltulsa.org/gwt/default.asp)-----	918-584-7291
HOW Foundation (https://howfdn.org)-----	918-252-5739
Workforce Oklahoma (http://www.okdrs.gov/guide/workforce-oklahoma-clinton-center) -----	580-323-1341
Workforce Tulsa (http://www.workforcetulsa.com/about-us/workforce-centers)-----	918-796-1200

Dental, Hearing & Vision Care

Indian Health Care Resource Center (https://www.ihcrc.org) -----	918-588-1900
Neighbor for Neighbor Dental (https://www.neighborforneighbor.org) -----	918-425-5578 ext. 122
Neighbor for Neighbor Vision (https://www.neighborforneighbor.org) -----	918-425-5578 ext. 119
Tulsa Scottish Rite (http://www.tulsaritecare.com) -----	918-622-7064
Tulsa Speech & Hearing Assoc. (https://www.tsha.cc)-----	918-832-8742
University of Tulsa Chapman Center for Communicative Disorders-----	918-631-2504
https://healthsciences.utulsa.edu/communication-disorders/speech-hearing-clinic)	

Medical Services

Ability Resources (Disabilities Resource Center) (http://www.abilityresources.org) -----	918-592-1235
Broken Arrow Neighbors Clinic (http://www.baneighbors.org) -----	918-251-7781
Child Guidance (http://www.tulsa-health.org/locations) -----	918-594-4739
Hope Testing (https://hopetesting.org)-----	918-749-8378
Indian Health Care Resource Center (https://www.ihcrc.org) -----	918-588-1900
Morton Health Clinic (https://www.mortonhealth.com)-----	918-587-2171
Neighbor for Neighbor Medical (https://www.neighborforneighbor.org)-----	918-425-5595 ext. 130
Oklahoma Health Care Authority (www.OKHCA.org) -----	800-522-0114
OSU Health Care Center (http://www.osumedicine.com/clinic?clinic=16) -----	918-582-1980
OU Health Sciences Center (http://www.ou.edu/tulsa/ou_physicians)-----	918-619-4400
Tulsa CARES (http://www.tulsacares.org)-----	918-834-4194
Tulsa City County Health Department (https://www.tulsa-health.org) -----	918-582-9355
Tulsa County Social Services (https://www.tulsacounty.org/TulsaCounty/dynamic.aspx?id=716) -----	918-596-5560



Prescription Assistance

- Neighbor for Neighbor (<https://www.neighborforneighbor.org>) ----- 918-425-5595 ext. 130
- Recycle Meds (<https://www.tulsacounty.org/TulsaCounty/dynamic.aspx?id=716>) ----- 918-596-5560
- Tulsa County Social Services (<https://www.tulsacounty.org/TulsaCounty/dynamic.aspx?id=716>) ----- 918-596-5560
- Reproductive Health Family Planning Clinic ----- 918-595-4529
(<https://www.tulsa-health.org/personal-and-family-health/adult-health/family-planning>)
- Tulsa City County Health Dept. (<https://www.tulsa-health.org>) ----- 918-582-9355

Counseling and Psychiatric Services

- COPEs (mobile mental health outreach) (<https://www.fcsok.org/services/crisis-services>) ----- 918-744-4800
- Counseling & Recovery Services (<https://crsok.org>) ----- 918-492-2554
- Crisis Care Center ----- 918-921-3200
(https://www.fcsok.org/wp-content/uploads/2018/06/C3-Brochure_FINAL_110116.pdf)
- Domestic Violence Intervention Services (<http://dvis.org>) ----- 918-743-5763
- Family Safety Center (<https://fscatulsa.org>) ----- 918-742-7480
- Human Skills & Resources, Inc. (<https://www.humanskills.org>) ----- 918-747-6377
- Laureate Psychiatric Clinic (<https://www.saintfrancis.com/laureate>) ----- 918-481-4000
- OSU-Tulsa Counseling Center (<https://tulsa.okstate.edu/counselingcenter>) ----- 918-594-8568
- OU Psychiatric Clinic (http://www.ou.edu/tulsa/ou_physicians/services/psychiatry) ----- 918-660-3130
- Parent Child Center (<https://www.parentchildcenter.org>) ----- 918-599-7999
- Parkside (<http://parksideinc.org>) ----- 918-582-2131
- Resonance (Female) (<https://www.resonancetulsa.org>) ----- 918-587-3888
- The Tristesse Grief Center (<https://www.thegriefcenter.org>) ----- 918-587-1200
- Tulsa Center for Behavioral Health ----- 918-293-2100
(<https://www.facebook.com/Tulsa-Center-for-Behavioral-Health-1046814398714308>)
- Youth Services of Tulsa County (ages 12-18) (<https://www.yst.org>) ----- 918-582-0061
- Substance Abuse Family and Children Services (<https://www.fcsok.org>) ----- 918-587-9471
- Human Skills and Resources (<https://www.humanskills.org>) ----- 918-747-6377
- Palmer Drug Abuse (<http://palmer-tulsa.org>) ----- 918-832-7763
- Tulsa Women & Children's Resource Center (<http://palmer-tulsa.org>) ----- 918-430-0975
- 12 & 12 (<https://12and12.org>) ----- 918-664-4224
- Alcoholics anonymous (<https://www.aa.org>) ----- 918-627-2224
- Cocaine anonymous (<https://ca.org>) ----- 918-734-0982
- Narcotics anonymous (<https://www.na.org>) ----- 818-773-9999
- Celebrate Recovery (<https://changinglanesministries.com/resources/celebrate-recovery-tulsa>) ----- 918-630-4323
- Division on Addiction (<https://www.addictiontreatmentdivision.org>) ----- 877-547-0559

Child Advocacy Services

- CASA (Court Appointed Special Advocate) (<https://www.tulsacasa.org>) ----- 918-584-2272
- Child Abuse Network (<https://www.childabusenetwork.org>) ----- 918-624-0200
- Children's Justice Center ----- 918-619-4550
- Community Action Project (<https://captulsa.org>) ----- 918-382-3200
- Juvenile Bureau of the District Court (https://www.tulsacounty.org/tulsacounty/juv_default.aspx) ----- 918-596-5971
- Tulsa County District Attorney's Office (<http://www.da.tulsacounty.org>) ----- 918-596-4805
- Victim Witness Center (<http://www.da.tulsacounty.org/Divisions/VictimWitnessCenter>) ----- 918-596-4915



Children and Parent Resources

Child Care Resource Center (https://csctulsa.org/for-child-care-providers)	-----	918-834-2273
Emergency Infant Services (https://www.eistulsa.org)	-----	918-582-2469
Family & Children's Services Parenting Classes (https://www.fcsok.org/classes)	-----	918-560-1114
Parent Child Center (https://www.parentchildcenter.org)	-----	918-599-7999
Phoenix Rising Alternative School	-----	918-833-8650
(https://www.tulsacounty.org/tulsacounty/juv_dynamic.aspx?id=13020)		
Sooner Care Helpline (https://www.okhca.org)	-----	800-987-7767
Tulsa City County Health Dept. (Children)	-----	918-582-9355
(https://www.tulsa-health.org/personal-and-family-health/child-health)		
Reporting Child Abuse	-----	800-522-3511
(https://www.ok.gov/health/Family_Health/Family_Support_and_Prevention_Service/Oklahoma_Child_Abuse_Hotline/index.html)		

Assistance with Food and Utilities

Bixby Outreach Center (https://bixbyoutreach.org)	-----	918-366-9226
Boston Avenue Helping Hands		
(https://www.firstchurchtulsa.org/resources/ministry-match/helping-hand-ministries)	-----	918-584-6923
Broken Arrow Neighbors (http://www.baneighbors.org)	-----	918-251-7781
Catholic Charities (https://cceok.org/emergency-assistance)	-----	918-508-7160
Emergency Infant Services (https://www.eistulsa.org)	-----	918-582-2469
Life Senior Services (http://www.lifeseniorservices.org/seniorline/default.asp)	-----	918-664-9000
Loaves & Fishes (http://loavesandfishes.net)	-----	918-234-8577
Neighbor for Neighbor (https://www.neighborforneighbor.org)	-----	918-425-5578
Restore Hope Ministries (https://www.restorehope.org)	-----	918-582-5766
Salvation Army Center of Hope (https://www.salarmytulsa.org/social-services)	-----	918-582-7201
Sand Springs Community Services (https://sscsok.org)	-----	918-245-5183
Tulsa County Social Service (https://www.tulsacounty.org/TulsaCounty/dynamic.aspx?id=716)	-----	918-596-5560
Wagoner Area Neighbors (https://wagonerhelps.org)	-----	918-485-2309
WIC Program	-----	918-746-3804

Department of Human Services. (DHS) (www.OKDHS.org)

Adult Protective Services (http://www.okdhs.org/services/aps/Pages/default.aspx)	-----	800-522-3511
Child Support Enforcement – East (http://www.okdhs.org/services/ocss/Pages/tulsaeast.aspx)	-----	918-295-3500
Child Support Enforcement – West (http://www.okdhs.org/services/ocss/Pages/tulsa west.aspx)	-----	800-522-2922
Child Welfare	-----	918-581-2033
(https://childsupportoffice.us/oklahoma-child-support-offices/tulsa-ok-child-support-social-service-office)		
Day Care Assistance (https://csctulsa.org/ccrc)	-----	918-834-2273
Food Stamps (http://www.okdhs.org/countyoffices/Pages/72bhome.aspx)	-----	918-430-2300



Fun Things to See or Do in Tulsa Surrounding Area:

Center of the Universe Downtown (<https://www.atlasobscura.com/places/the-center-of-the-universe-tulsa-oklahoma>)

Oklahoma Science Museum (<https://www.sciencemuseumok.org>)

The Gathering Place (<https://www.gatheringplace.org>)

Tall Chief Cove Beach Skiatook Lake (<https://www.recreation.gov/camping/campgrounds/233645>)

Guthrie Green (<https://guthriegreen.com>)

Tall grass Prairie Pawhuska

(<https://www.nature.org/en-us/get-involved/how-to-help/places-we-protect/tallgrass-prairie-preserve>)

Woolaroc (<https://www.woolaroc.org>)

Tulsa Air and Space Museum (<https://www.tulsamuseum.org>)

National Cowboy & Western Heritage Museum (Oklahoma City) (<https://nationalcowboymuseum.org>)

Tulsa Botanical Gardens (<https://tulsabotanic.org>)

Myriad Botanical Garden OKC (<https://oklahomacitybotanicalgardens.com>)

Philbrook Museum of Art (<https://philbrook.org>)

The Boxyard Downtown (<http://www.tulsaboxyard.com>)

Will Rogers Museum (<https://www.willrogers.com>)

Turner Falls (<https://www.turnerfallspark.com>)

Pop's Diner (<http://www.pops66.com>)

Flying Tee (<https://www.flyingteegolf.com>)

Gilcrease Museum (<https://gilcrease.org>)

Tribal Cultural Centers:

Five Civilized Tribes Museum (<http://www.fivetribes.org>)

Cherokee Arts Center and Spider Gallery (<https://webtest3.cherokee.org/SpiderGallery>)

Cherokee Heritage Center (<http://www.cherokeeheritage.org>)

Chickasaw Cultural Center (<https://www.chickasawculturalcenter.com>)

Muscogee (Creek) Nation Cultural Center (<http://creekculturalcenter.com>)

Choctaw Country (<https://choctawcountry.com>)

Seminole Nation Museum (<https://www.seminolenationmuseum.org>)

Travel Oklahoma (<https://www.travelok.com>)