

Ayuda de prevención de suicidio
1-888-628-9454



Calls from Oklahoma are routed to the program in Oklahoma.

Problema ayuda para las apuestas
1-800-522-4700

Problem Gambling Resources

Certified Gambling Treatment Programs in Oklahoma that offer confidential counseling for problem gambling for free or on a sliding fee scale can be found online at:
www.odmhsas.org/Gambling/Programs.pdf

Problem and Compulsive Gambling Helpline:
800-522-4700 (toll free, 24 hours a day)

Gamblers Anonymous:
www.gamblersanonymous.org

Para servicios gratuitos
1-855-DEJALO-YA

	Oklahoma Tobacco Helpline
1 800 QUIT NOW	
Free help	
784-8669	OKhelpline.com

Oklahomans who use tobacco in any form can receive free one-on-one coaching by phone with a highly trained quit coach, and materials to help stay on track between calls.

Mental Health & Substance Abuse Services

Oklahoma Department of Mental Health & Substance Abuse Services
522-3908

To find a Community Mental Health Center
522-3151

For information and support:
National Alliance for the Mentally Ill (NAMI)
in Oklahoma - 230-1900

Free Health Services

Canadian County Health Department
www.ok.gov/health - 354-4872

http://freeclinicdirectory.org/oklahoma_care/oklahoma_ok_county.html

Inclusion on this resource page does not imply endorsement. You should check the resources and providers to your own satisfaction.

Free or Reduced Cost Dental Services

www.freedentalcare.us/ci/ok-oklahoma_city

<http://oklahoma-county-oklahoma-free-or-low-cost-dental-care.friendshelpingfriends.aidpage.com>

Community Guides to Services for Children

The following directories for families of children and youth with special developmental, behavioral, or mental health needs can be downloaded from the internet:

Guide to Community Services in Oklahoma is a 68-page resource directory by the Center for Learning and Leadership - www.ouhsc.edu/thecenter/products/comm-services-guide.asp

Resource Guide for Oklahoma's Children & Youth and Their Families is a 26-page directory by SoonerSuccess - <http://soonersuccess.ouhsc.edu/documents/SSResourceDirectory2012.pdf>

Oklahoma Children's Referrals and Resources Guide is a 21-page directory by Oklahoma Systems of Care - http://ok.gov/odmhsas/Mental_Health_/Children,_Youth,_and_Family_Services/Access_to_Children's_Services