


Lindsay Public School Student and Family Resource Guide


Immediate Emergency Assistance

911	If emergency assistance is needed now or if you have been the victim of a crime, please call 9-1-1 or get in contact with your local police department.	Ask for a CIT (Crisis Intervention Trained Officer). Tell the dispatcher that the person you are calling about has a mental illness.	If you know the diagnosis and current treatment status, be prepared to fit that into the context of the immediate crisis you are calling about.
988	Call, text, or chat 988 and be connected to the National Suicide Prevention Lifeline.		Trained counselors will listen, provide support, and offer resources.
211 Impact – First Call for Help	Call 211: 24-hour mental health crisis intervention, information, referral, and listening support. English and Spanish-speaking counselors are available.	Call, text, and chat with your local 211 to speak with a community resource specialist in your area who will help you find services and resources that are available to you.	Such as supplemental food and nutrition programs, shelter/housing options, utility assistance, emergency information, disaster relief, employment and education resources, health care, vaccination, and health epidemic information, addiction prevention and rehabilitation programs, mental health or special needs support groups, domestic abuse victim assistance
Heartline Oklahoma	https://heartlineoklahoma.org/		
Crisis Text Line	Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis.	Crisis Text Line is free, 24/7 support for those in crisis.	Text 741741 from anywhere in the US to text with a trained volunteer to support people in crisis and bring texters from a hot moment to a cool calm through active listening and collaborative problem-solving. Text from anywhere in the USA to text with a trained Crisis Counselor.
Disaster Distress SAMHSA	1-800-985-5990 text talkwithus to 66746 The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.	This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text to connect with a trained crisis counselor.	Deaf/Hard of Hearing: Text TalkWithUs to 66746, use your preferred relay service to call 1-800-985-5990, TTY 1-800-846-8517 Spanish Speakers: Call 1-800-985-5990 and press "2" From the 50 States, text Hablanos to 66746, From Puerto Rico, text Hablanos to 1-787-339-2663

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Suicide Prevention Lifeline	Voice: 1- 800-273-TALK (8255) or chat online: https://suicidepreventionlifeline.org/	TTY: 1-800-799-4889	The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.
The Trevor Lifeline	The Trevor Project offers accredited life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting, and inclusive environments over the phone, online, and through text.	Trevor chat is a free, confidential, secure instant messaging service for LGBTQ youth that provides live help from trained volunteer counselors, and is open daily.	Trevor Lifeline 1-866-488-7386. The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25 Trevor Text text START to 678678. A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention
You Are Not Alone Network (YANAN)			
YouthLine	YouthLine is a 24/7, free, confidential teen crisis helpline. (877) 968-8491 Text TEEN2TEEN to 839863 Live chat Teens can also email: teen2teen@Linesforlife.org	Teen support from 4-10 daily and adult support at all other times.	
National Runaway Safeline		1- 800-RUNAWAY 1-800-RUNAWAY (1-800-786-2929)	NRS is available to listen, support, and connect youth and families to resources CHAT
National Parent Hotline		1-855- 4A PARENT (1-855-427-2736)	Helpline Advocates are available Monday-Friday, 12 pm - 5 PM Pacific Standard Time. Helpline advocates are available to provide emotional support and referrals to parents.

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Find a Helpline	United States hotlines for suicide, domestic violence, anxiety, depression and other topics https://findahelpline.com/us		
Warmline Directory	This warmline directory contains links to and numbers for other warmlines in the U.S		

Counseling Services

Agency/Contact	Location	Phone Number	Services
Hailey Smith, LPC	Leopard Nation Wellness Station	(405) 756-1340	Individual and group counseling
Lighthouse Behavioral Wellness Center	109 S Willow St. Pauls Valley, OK 73402	(580) 319-7305	Individual and group therapy
Red Rock Behavioral Health Service	804 W Choctaw Ave. Chickasha, OK 73018	(405) 424-7711	Individual, family & group counseling
Calm Waters Center for Children and Families	4334 N.W. Exwy., Ste. 101, OKC, OK	(405) 841-4800	Support groups and services for children and families affected by various forms of loss (including death, divorce, deportation, military deployment, foster care, and incarceration).
Kids' Place	801 S. Bryant Ave. Edmond, OK 73034	(405) 844-5437	The Kids' Place is a faith-based support group for children and teens who are experiencing mourning after the death of a loved one or a friend.
Frontline Family Solutions	118 S 2nd Ave Purcell, OK 73082	(405) 527-2424	We help families succeed through preventative and individualized, high-quality services in a supportive, community-centered environment.
Peace of Mind Counseling Services	1330 North Classen Boulevard Suite 205 Oklahoma City, OK 73106	(405) 604-9092	Outpatient Treatment - Integrated - AOD/Psychosocial (Adults, Children, and Adolescents)
Southwest Youth and Family Services	198 East Almar Drive Chickasha, OK 73018	(405) 222-5437	Southwest Youth and Family Services provides quality, integrated behavioral health services to children, adolescents, adults, and families who are facing life-controlling addictions, mental health disorders, family conflict, relationship difficulties, loss, trauma, abuse, or other life challenges.
Oklahoma Employee Assistance Program	http://oklahoma.gov/odmhsas/about/employee-assistance-program.html		The mission of the Employee Assistance Program is to empower state agencies and employees to build hope and resilience by educating and promoting positive mental health.

Mental Health Services and Treatment Centers

Agency/Contact	Location	Phone Number	Services
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Watershed Addiction Treatment Programs	Shawnee, OK	(877) 773-1947	Free 24-hour crisis hotline (Drugs, alcohol, rehab, detox)
JD McCarty Center	Norman, OK	(405) 307-2800	Treatment and care of children with developmental disabilities
Red Rock Behavioral Health Services	4400 N. Lincoln Blvd. Oklahoma City, OK	(405) 424-7711	Mental health services and treatment for adults and children
Sunbeam Family Services	1100 NW 14th St.	(405) 528-7721	Mental health services and treatment for adults and children
Stephanie Morcom		(940) 597-0955	Outreach Coordinator that connects clients and their families with necessary resources based on need.
Rolling Hills	1000 Rolling Hills Ln Ada, OK 74820	(855) 968-0757	Rolling Hills Hospital is an inpatient treatment center providing exceptional care for adolescents, adults, and seniors struggling with mental health disorders and substance abuse issues.
FindSupport.gov	FindSupport.gov		User-friendly website, designed for the general public, to help people identify available resources, explore unbiased information about various treatment options, and learn how to reach out to get the support they need for issues related to mental health, drugs, or alcohol.
Oklahoma County Crisis Lines	https://www.occhd.org/about/emergency-contact		

Emergency Resources

Agency/Contact	Location	Phone Number	Services
Lindsay Police Dept.	Lindsay, OK	911 or non-emergency (405) 756-4481	Public safety and emergency services
Ambulance Services	Lindsay, OK	(405) 756-4321	Emergency services
Ambulance Services	Maysville, OK	(405) 867-4447	Emergency services
Fire Department	Lindsay, OK	911 or non-emergency (405) 756-3232	Emergency services
OK Dept. of Human Services	Oklahoma	(877) 751-2972	Reporting neglect and abuse
Norman Police Department	Norman, OK	(405) 321-1600	Public Safety and emergency services
A Loving Alternative Adoption Facilitator		(800) 518-5097	24/7 Hotline for pregnant women
Poison Control Center		(800) 222-1222	Medical assistance in the event hazardous materials are ingested

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Chickasaw Lighthorse Police Department	1130 W. Main Ada, Oklahoma 74820	Main Line: (580) 436-1166 Alt Line: (888) 804-3234 Fax: (580) 310-6457	
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Child Abuse & Neglect Services

Agency/Contact	Location	Phone Number	Services
The Childhelp National Child Abuse Hotline	The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse.	Call or TEXT: 1-800-4-a-child or 1-800-422-4453	Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who—through interpreters—provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.
Rape, Sexual Assault, Abuse, and Incest National Network (RAINN)		(800) 656-HOPE	Calling the National Sexual Assault Hotline gives you access to a range of free services including confidential support from a trained staff member, support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams, someone to help you talk through what happened, local resources that can assist with your next steps toward healing and recover, referrals for long term support in your area, information about the laws in your community.

Sex Trafficking Resources

Agency/Contact	Location	Phone Number	Services
The Childhelp National Child Abuse Hotline	The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse.	Call or TEXT: 1-800-4-a-child or 1-800-422-4453	Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who—through interpreters—provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.
The National Human Trafficking Hotline		Call 1-888-373-7888 (TTY: 711) Text 233733 Live Chat(please call if CHAT is unavailable): https://humantraffickinghotline.org/chat	The National Human Trafficking Hotline connects victims and survivors of sex and labor trafficking with services and support to get help and stay safe. The National Hotline also receives tips about potential situations of sex and labor trafficking and facilitates reporting that information to the appropriate authorities in certain cases.

Domestic Violence & Abuse Resources

Agency/Contact	Location	Phone Number	Services
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National Domestic Violence Hotline		(800) 799-SAFE (7233) <i>If you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.</i>	National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information, educational services, and referral services in more than 200 languages. Visitors to this site can find information about domestic violence, online instructional materials, safety planning, local resources, and ways to support the organization 24/7.
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Health and Dental Services

Agency/Contact	Location	Phone Number	Services
Leopard Nation Wellness Station	Lindsay, OK	(405) 756-1340	Basic health services
South Central Medical & Resource Center	Lindsay, OK	(405) 756-1414	Basic health services
Lindsay Medical Plaza	409 S Main St. Lindsay, OK	(405) 756-1240	Basic health services
Lindsay Municipal Hospital	Lindsay, OK	(405) 756- 1404	Emergency and basic health services
Lindsay Family Dentistry	102 SW 7th St. Lindsay, OK	(405) 756-4093	General dentistry and orthodontics
Lindsay Vision Center	301 S Main St. Lindsay, OK	(405) 756-4414	General optometry & contact lenses
Tabor Drug	225 S Main St. Lindsay, OK	(405) 756-4511	Prescription fills and other medical supplies
Wal-Mart Pharmacy	401 Lynnwood Dr. Lindsay, OK	(405) 756-9591	Prescription fills and other medical supplies
Jack's Pharmacy	500 Williams St. Maysville, OK	(405) 867-4427	Prescription fills and other medical supplies
St. John the Baptist Catholic Church	42 E. 9th St. Edmond, OK	(405) 216-7554	Health care, dental services, and financial assistance
Lindsay Medical Supply	9600 N. May Ave. OKC, OK	(405) 607-5905	Assistance with medical supplies like wheelchairs, walkers, etc.
Norman Regional Medical Home Equipment	718 N. Porter Ave. Norman, OK	(405) 307-6620	Assistance with medical supplies
National Eating Disorders Center Helpline	(800) 931-2237 Monday-Thursday from 10AM to 8PM CST , and Friday from 10AM to 4PM CST	CHAT LINE: Monday-Thursday from 8am to 8pm CST, and Friday from 8am to 4pm CST. https://chatserver.com/m100.com/ChatWindow.aspx?siteId=144464&panelId=467	Support, resources, and treatment options for yourself or a loved one.

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Mobile Smiles Oklahoma	317 NE 13th St. Oklahoma City, OK 73104	405-241-1299	https://okdf.org/resources/
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Drug Prevention and Harm Reduction Resources

Agency/Contact	Location	Phone Number	Services
Partnership for Drug-free Kids		1-855-378-4373 or Text 55753 (response within 24 hrs). Support is available in English and Spanish, from 9:00am-midnight ET on weekdays and noon- 5:00 pm ET on weekends.	The Partnership for Drug-Free Kids is a nonprofit committed to supporting the whole family as it addresses every aspect of substance use and addiction, from prevention to recovery.
PASS Drug-Free Prevention Coalition	Serving all of Garvin County	passdrugfree@gmail.com kturmer@lindsay.k12.ok.us 405-401-4821 or 405-207-7234	PASS is a non-profit drug prevention coalition working together to serve Garvin County.
OK I'm Ready (Free Naloxone)			
TAAM (Tough As A Mother)		TAAMOK@odmhsas.org	Tough as a Mother is a public awareness campaign launched in May 2023 and created in partnership with the Colorado Office of Behavioral Health. The goal of TAAM is to decrease stigma around maternal substance use disorder, educate providers, and connect pregnant and parenting mothers to treatment and recovery supports in their communities. The campaign relies on partners like you to share our resources.

Housing Resources

Agency/Contact	Location	Phone Number	Services
Washita Apartments	1303 W Cherokee St.	(405) 756-1803	Income Based Housing and Accommodations
Community Development Support Association	114 S Independence St Enid, OK	(580) 242-6131	Services for Homeless Counseling

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Greenpath Financial Wellness	4045 NW 64th St Suite 430 Oklahoma City, OK	(888) 860-4167	Services for Homeless Counseling
Grace Center of Ardmore	11 A St NW Ardmore, OK	(580) 223-2027	Financial Assistance to avoid eviction
Hope Center of Edmond	1251 N Broadway Ste A & B Edmond, OK	(405) 348-1340	Financial Assistance Emergency Rent, Utilities, and Prescriptions
Free furniture banks	Tulsa, OK	(918) 583-3670.	Offer free furniture and assistance to those in need.
St. Monica Catholic Church	Edmond, OK	(405) 341-8128	Utilities Assistance
Central Ok Community Action Agency	1524 E Perkins Road Guthrie, OK	(405) 466-8115	Rent and mortgage assistance


Food Resources

Agency/Contact	Location	Phone Number	Services
Ministerial Alliance of Lindsay	Lindsay, OK	(405) 756-6091	Basic needs
Mission Food	1131 Enterprise Ave Oklahoma City, OK	(405) 917-5266	Free and reduced groceries
City Rescue Mission	800 West California Ave. Oklahoma City - OK,	(405) 232-2709	Provide over 1,000 meals to those in need each day.
Community Food Bank of Eastern Oklahoma	1150 N Iroquois Ave Tulsa - OK, 74106	(918) 585-2800	Supplies churches, pantries, and non-profits in the region with groceries, surplus government commodities, and other food items
Regional Food Bank of Oklahoma	3355 S. Purdue Ave. OKC, OK	(405) 972-1111	Food Donations assistance
Regional Food Bank's Food and Resource Center- Moore	Moore, OK	(405) 600-3182	Food Bank
Cross and Crown Mission, Inc	1008 N. McKinley, Ave. OKC, OK	(405) 232-7696	Food and clothing assistance
Project 66 Food and Resource Center	Edmond, OK	(405) 341-1353	Food Pantry

Transportation, Clothing, and Other Resources

Agency/Contact	Location	Phone Number	Services
Delta Community Action Agency	Lindsay, OK	9405) 756-1100	Provides transportation to the public so that they can continue to live independent lives
Ministerial Alliance of Lindsay	Lindsay, OK	(405) 756-6091	Basic needs
Marlow Samaritans	214 W Main St., Marlow	(580) 658-5771	Transportation, gas vouchers Site hours: Mon, Wed, Fri 10am-2pm
Prom Wishes	9902 N Osage Drive Sperry, OK	(918) 779-9686	Provides free tuxedos, prom dresses, gift certificates, jewelry, purses, shoes, gloves, cosmetics, manicures, hairstyles, dry cleaning, alterations,

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			flowers, prom pictures, and other festive items.
City of Lindsay Library	112 W Choctaw St.	(405) 756-3449	Mon., Tues., Wed., Fri.: 9 a.m. to 4 p.m. Thurs.: 11:00 a.m. to 7 p.m. Sat.: 9:00 a.m. to 12 noon
Emergency Infant Services	9910 East 42nd Street Ste 100, Pawnee Building Tulsa, Oklahoma	(918) 582-2469	Resources offer diapers, children's and maternity clothes
Neighbor for Neighbor	505 E 36th Street N Tulsa, Oklahoma	(918) 425-5578	Resources include clothing, work items, counseling, and maybe even free Christmas meals and assistance.
RideCARE			https://oklahoma.gov/odmhsas/treatment/comprehensive-crisis-response/transportation.html

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