

Tulsa Area Community Resources

Emergency Numbers

Broken Arrow Police	259-8400
Child Abuse Reports	800-522-3511
COPEs (mobile mental health outreach).	744-4800
Domestic Violence Intervention Services	585-3163
Call Rape	585-3163
Call Rape 24 Hour Crisis Line	743-5763
Family Safety Center	742-7480
Missing & Exploited Children	800-843-5678
Poison Control Center	800-222-1222
SafeLine	800-522-7233
Sapulpa Police	224-3862
Teen Hotline	800-522-8336
Tulsa Police, Fire, Ambulance	911
Tulsa Police, non-emergency	596-9222

Assistance with Basic Needs

Food/Utilities

Boston Avenue Helping Hands	584-6923
Broken Arrow Neighbors	251-7781
Catholic Charities	585-5068
Emergency Infant Services	582-2469
Life Senior Services	664-9000
Loaves & Fishes	234-8577
Metropolitan Tulsa Urban League	584-0001
Neighbor for Neighbor	425-5578
Salvation Army Center of Hope	582-7201
Sand Springs Community Services	245-5183
Tulsa County Social Service	596-5560
Wagoner Area Neighbors	485-2309
WIC Program	806-0006

Shelters

Catholic Charities St. Elizabeth's Lodge	585-5068
Day Center for the Homeless	583-5588
Day Spring Villa	245-4075
Domestic Violence Intervention Services	585-3163
John 3:16 Men's Shelter	587-1187
Family and Youth	592-1186
Madonna House (for pregnant women and those with newborns).	585-5186
Pearl's Hope	583-9506
Salvation Army Social Services	582-7201
Tulsa County Social Services	596-5591
Youth Services	582-0061

Housing

Community Action Project (CAP)	382-3200
Neighbor for Neighbor (Circle Housing)	425-5595
Oklahoma Housing Authority	800-256-1489
Tulsa Housing Authority	582-0021

Residential Youth Homes

Girls

Lakeside Home (referral by Juvenile Court only).	591-6015
Sand Springs Home	245-3232

Boys

Lakeside Home (referral by Juvenile Court only).	591-6015
Sand Springs Home	245-3232
Tulsa Boy's Home	245-0231

Information & Referral

2-1-1	211
Ability Resources (Disabilities Resource Center)	592-1235
BabyLine (Prenatal Care)	838-0694
Broken Arrow Family Resource Center	258-6545
Child Care Resource Center	834-2273
HelpLine	836-4357
Indian Health Care Resource Center	588-1900
KidsLine	583-5437
Mental Health Association	585-1213
OASIS – Oklahoma Area System Info	
Owasso Community Resources	272-4969
PlanLine	838-0697
Services (People with Disabilities)	800-426-2747

Dental, Hearing, & Vision Care

Community Action Project	382-3295
Indian Health Care Resource Center	588-1900
Morton Health Clinic	587-2171
Neighbor for Neighbor (Dental & Vision)	425-5595
Tulsa City County Health Dept. (Only Children)	594-4860
Tulsa Scottish Rite	622-7064
Tulsa Speech & Hearing Assoc.	832-8742
University of Tulsa Chapman Center for Communicative Disorders	631-2504

Medical Services

Ability Resources (Disabilities Resource Center)	592-1235
KidsLine	583-5437
Neighbor for Neighbor	425-5595
Oklahoma Health Care Authority	800-987-7767
OSU Health Care Center	582-1980
OU Health Sciences Center	619-4400
Family Medicine	619-4400
Internal Medicine	619-4400
Pediatric Clinic	619-4400
Women's Clinic	619-4400
Surgical Specialists	744-3523
Planned Parenthood (Pediatric Clinic)	587-1101
Tulsa City County Health Department	582-9355
Child Guidance	594-4720
Tulsa County Social Services	596-5560
Visiting Nurse Association	743-9810

Prescription Assistance

Neighbor for Neighbor	425-5595
Recycle Meds	596-5560
Restore Hope Ministries	582-5766
Tulsa Center for Behavioral Health	293-2100

Family Planning

Planned Parenthood	587-1101
Tulsa City County Health Dept. Family Planning Clinic	595-4529

Tulsa County Courthouse

Main Number	596-5000
Family Resource Coordinator Cheryl Conklin	596-5325
Tulsa County District Attorney's Office	596-4805
Victim Witness Center	596-4915

Legal Services

Broken Arrow Neighbors	251-7781
Disability Law Center	800-226-5883
Lawyer Referral Service	587-6014
Legal Aid	428-4357
Legal Alternatives	747-2323
Neighbor for Neighbor Legal Clinic	425-5571
Neighbors Along the Line	584-1111
Oklahoma Alternative Resources	742-8883
Parent Connections (must have an open case with Child Support Enforcement).	560-1280
Tulsa County Bar Association	584-5243
Tulsa Dream Center	430-9984
Women's Resource Center (YWCA)	588-9393

Child Advocacy Services

CASA	584-2272
Child Abuse Network	619-4550
Children's Justice Center	587-8423
Juvenile Bureau of the District Court	596-5971
Tulsa County District Attorney's Office Victim Witness Center	596-4805 596-4915

Mediation/Supervision

Home Studies

Catholic Charities	585-5068
Department of Human Services (DHS)	581-2033

Mediation

A list of mediators is available at www.tulsacountyfamilycourt.org.

Early Settlement	596-7786
Family & Children's Services	587-9471
Oklahoma Academy of Mediators & Arbitrators	378-3160
Parent Connections (must have an open case with Child Support Enforcement).	560-1144

Supervised Exchange

Parent Child Center	599-7999
Safenet	341-1424
Safe Visit and Exchange Services	293-9881
Visit Solutions	298-5797

Supervised Visitation

Parent Child Center	599-7999
Safenet	341-1424
Visit Solutions & Community Services	298-5797

COVID-19 Information

For more information: www.cdc.gov/COVID19

Local Information

Tulsa Health Department: <https://www.tulsa-health/>

Behavioral Health Services

Associated Centers for Therapy	492-2554
COPES (mobile mental health outreach).	744-4800
Domestic Violence Intervention Services	585-3163
Call Rape	585-3163
Call Rape 24 Hour Crisis Line	743-5763
Family Safety Center	742-7480
Family & Children's Services	587-9471
Mental Health Care	712-4301
Human Skills & Resources, Inc.	747-6377
Laureate Psychiatric Clinic	481-4000
OU Psychiatric Clinic	660-3130
Parent Child Center	599-7999
Parkside	582-2131
Resonance	587-3888
SafeLine	800-522-7233
Shadow Mountain	492-8200
The Tristesse Center (Grief Center)	587-1200
Tulsa Center for Behavioral Health	293-2100
Youth Services of Tulsa County	582-0061

Department of Human Services (DHS)

Tulsa County	581-2689
Adult Protective Services	800-522-3511
Child Abuse Reports	800-522-3511
Child Care Licensing	800-347-2276
Child Support Enforcement - East	295-3500
Child Support Enforcement - West	800-522-2927
Child Welfare	581-2033
Day Care Assistance	866-901-3212
Food Stamps	581-2025
Home Studies	581-2033
Parent Connections (must have an open case with Child Support Enforcement).	560-1144
TANF Applications	581-2025
Vocational Rehabilitation	581-2327
Creek County	746-3300
Mayes County	825-4535
Okmulgee County	752-2002
Osage County	287-2956
Rogers County	283-8300
Wagoner County	485-4101

Additional Numbers

Credit Counseling Centers of Oklahoma	744-5611
State Dept. of Health – Vital Records	405-271-4040
Tulsa City-County Library	596-7977
Voter Registration	596-5787

Helpful Websites

www.211tulsa.org	www.nolo.com
www.captc.org	www.okcollaborativelaw.org
www.divorcenet.com	www.OKDHS.org
www.divorcesource.com	www.oklaw.org
www.fcsok.org	www.oscn.net
www.findlaw.com	www.proudtoparent.org
www.helpinetulsa.net	www.tauw.org
www.kidsturn.org	www.TulsaMediation.com
www.morelaw.com	www.uptoparents.org

TPS Summer Cafe: Free breakfast &
lunch for anyone under 18 (no
documentation required)
(918) 833-8673

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