

# Tulsa Area Community Resources

## **Emergency Numbers** (Numeros de Emergencia)

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** (Asistencia de Necesidades Basicas)

<b>Food/Utilities Comida/Utilidades</b>	
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 Asilo**

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 Alojamiento**

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 Casa residencial para jóvenes**

### **Girls Niñas**

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

### **Boys Niños**

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

## **Information & Referral** (Informacion & Remisión)

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** (Cuidado dental, auditivo y visión)

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** (Servicios Medicos)

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** (Asistencia con receta)

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

## **Family Planning** (Planificación familiar)

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

**Tulsa County Courthouse** ( Tribunal de condado  
de Tulsa )

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** (Servicios Legales)

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** (Centro de Defensa  
Infantil)

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 596-4805  
Victim Witness Center 596-4915

**Mediation/Supervision** (Servicios Sociales/  
Supervisión)

**Home Studies** Estudios en el hogar  
Catholic Charities 585-5068  
Department of Human Services (DHS) 581-2033

**Mediation** Servicio Social

A list of mediators is available at [www.tulsacountyfamilycourt.org](http://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** Intercambio supervisado

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

**Supervised Visitation** Supervisión de visitas

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

**COVID-19 Information** (Para más información)

For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

**Local Information** (información local)

Tulsa Health Department: <https://www.tulsa-health.org/COVID19>  
OK Department of Health: <https://coronavirus.health.ok.gov/>

**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

(Departamento de Servicios Humanos)

**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** (Números adicionales)

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** (Sitios útiles)

[www.211tulsa.org](http://www.211tulsa.org)  
[www.captc.org](http://www.captc.org)  
[www.divorcenet.com](http://www.divorcenet.com)  
[www.divorcesource.com](http://www.divorcesource.com)  
[www.fcsok.org](http://www.fcsok.org)  
[www.findlaw.com](http://www.findlaw.com)  
[www.helpinetulsa.net](http://www.helpinetulsa.net)  
[www.kidsturn.org](http://www.kidsturn.org)  
[www.morelaw.com](http://www.morelaw.com)  
[www.nolo.com](http://www.nolo.com)  
[www.okcollaborativelaw.org](http://www.okcollaborativelaw.org)  
[www.OKDHS.org](http://www.OKDHS.org)  
[www.oklaw.org](http://www.oklaw.org)  
[www.oscn.net](http://www.oscn.net)  
[www.proudtoparent.org](http://www.proudtoparent.org)  
[www.tauw.org](http://www.tauw.org)  
[www.TulsaMediation.com](http://www.TulsaMediation.com)  
[www.uptoparents.org](http://www.uptoparents.org)

Los distritos escolares de Tulsa Public, Broken Arrow, Jenks, Union y Sand Springs  
están ofreciendo desayuno y almuerzo gratis mientras las escuelas estén  
cerradas, ¡comuníquese con su escuela local para obtener el sitio!