

Crises Resources for ECU Students

We have included Chickasaw Nation resources. If you are an enrolled member of another tribe, please contact your tribe to learn more about their services.

Crises Lines

- **9-1-1**
- ECU Campus Police 1-580-559-5555 or 1-580-332-3875
- Disaster Distress Helpline 1-800-985-5990 or text “TalkWithUs” to 66746
- Mental Health Crisis Emergency (ADULT) 1-800-522-1090
- Mental Health Crisis Emergency (YOUTH) 1-580-279-3310
- National Suicide Prevention Lifeline 1-800-273 (TALK) or text "HOME" to 741-741
- Oklahoma Bureau of Narcotics Sex Trafficking Hotline 1-855-617-2288
- Reach Out Hotline (Mental Health and Substance Abuse) 1-800-522-9054

East Central University Resources

- Brandon Whitten Institute for Addiction and Recovery 1-580-559-5720
- Campus Suicide Prevention Grant 1-580-559-5819 or 5815
- Career Development 1-580-559-5192
- Health Services 1-580-559-5713
- International Students Program 1-580-559-5669
- Student Counseling Center 1-580-559-5714
- Testing and Accessibility Services 1-580-559-5297 or 1-580-559-5677
- Veterans Student Support Services 1-580-559-5740

Clothing

- ECU School of Business Clothes Closet <https://www.ecok.edu/tiger-parent-family-central/student-services> (scroll down page)
- Chickasaw Reuse Center 580-272-5451 (open to public, free items)
- Compassion Outreach Center 580-310-1021
- House of Hope Pregnancy Care Center 580-332-4199
- Goodwill (affordable clothing) 914 Arlington Center, Ada, OK 580-279-1744
- Salvation Army (some clothing vouchers) 580-559-2669

Counseling (Virtual Appointments available at most)

- ECU Student Counseling Center 1-580-559-5714
- Addiction and Behavioral Health Center 580-332-3001
- Biofeedback and Counseling 580-436-7120
- Chickasaw Nation Behavioral Health 580-421-4591
- Chickasaw Nation Healthy Lifestyles 580-332-6345

- Chickasaw Nation Outpatient Services 580-436-1222
- The Jetty Counseling Center 580-279-1321
- Lighthouse Behavioral Wellness Center 580-436-2690
- Multi-County Counseling 580-235-0210
- Oklahoma Families First 580-310-9000
- Pathways 580-332-6851
- Rolling Hills 580-436-3600
- Southeastern OK Family Services 580-235-0274
- Unity Point Counseling Services & Resource Center 580-436-6130
- Jana J. Webb, LPC 580-559-1356
- Oakwood Springs – Help for Heroes: Active Duty Service Members, Veterans, First Responders & High-Risk Frontline Professionals 405-400-0255

Domestic Violence & Sexual Assault Resources

- Chickasaw Nation Violence Prevention Services 1-580-272-5580
- Family Crisis Center Domestic Violence 24 Hotline 1-580-436-3504
- Love Is Respect 1-866-331-9474
- National Child Abuse Hotline 1-800-4-A-CHILD (1-800-422-4453)
- National Sexual Assault Hotline 1-800-656-HOPE (4673)
- National Domestic Violence Hotline 1-800-799-SAFE (7233)
- Oklahoma Safe Line (Domestic Violence Hotline) 1-800-522-7233
- RAINN (Rape, Abuse & Incest National Network) 1-800-787-3224 (hearing impaired line) 1-800-656-HOPE (4673), www.rainn.org

Employment & Career Services

- ECU Career Development 1-580-559-5253
- ECU Educational Opportunity Center 580-559-5864 or 5685 or 5684 or 5764
- Express Personnel 580-332-4444
- Goodwill 914 Arlington Center, Ada, OK 580-279-1744
- Workforce Oklahoma 580-332-1533

Financial or Utility Assistance

- ECU Emergency Assistance Funds 580-559-5655
<https://www.ecok.edu/donate/emergency-assistance-funds>
- ECU Financial Aid <https://www.ecok.edu/current-students/paying-college/financial-aid>
- Additional ECU Financial Aid Resources: <https://www.ecok.edu/current-students/paying-college/financial-aid/financial-aid-resources>
- Dept. of Human Services (LiHeap utility assistance) 1-866-411-1877
- Dept. of Human Services (TANF) 1-800-270-0798
- Restore HOPE Ministries <https://erap.restorehope.org/en-US/Home/Index>
- Salvation Army 580-559-2669

- Trinity Baptist Church 580-332-6317

Food Assistance

- ECU Food Bank <https://www.ecok.edu/tiger-parent-family-central/student-services>
(scroll down page)
- Abba's Table 580-279-6886 (Hot meal M-F 5:30-6:30 p.m. at 113 S. Johnston, Ada, OK)
- Asbury United Methodist Church 580-332-5266
- Dept. of Human Services 580-310-7050 or 405-487-5483 <http://www.okdhslive.org/>
- Matthew 25 Mission 580-332-6429
- Salvation Army 580-559-2669

LGBTQ+ Support Resources

- GLBT National Help Center 1-888-843-4564 www.glnh.org
- Trevor Project Crisis Line – LGBTQ Youth 1-866-4-U-TREVOR (488-7386)
www.theTrevorProject.org

Health Services

- ECU Health Services 1-580-559-5713
- Compassion Outreach Center 580-310-1021
- Pontotoc County Health Department 580-332-2011

Housing, Homeless Shelters or Assistance

- ECU Housing 580-559-5554
- Ada Homeless Services 580-272-0211
- Mama T's 580-495-1559
- Restore HOPE Ministries <https://erap.restorehope.org/en-US/Home/Index>

Legal Assistance

- Oklahoma Indian Legal Services (serves everyone) <https://www.oilsonline.org/>
800-658-1497

Parenting, Family Services

- ECU Child Care Resource & Referral Agency 580-559-5304 or 1-800-438-0008
(services multiple counties)
- ECU Early Settlement Mediation 580-559-5674
- Chickasaw Nation Family Preservation 580-310-7900
- Chickasaw Nation Health Services (WIC) 580-276-1836
- Dept. of Health WIC 580-332-2011

- Dept. of Health (child care assistance and other services) 580-310-7050
- Multi-County Counseling 888-272-0210
- Unity Point Counseling Services & Resource Center 580-436-6130

Self-Help Resources & Groups

- Alcoholics Anonymous 405-842-1200 <http://www.aaoklahoma.org/>
- Al-Anon Family Groups 1-888-425-2666 www.al-anon.alateen.org/local-meetings
- Dual Recovery Anonymous Network www.draonline.org
- Celebrate Recovery <http://grouplocator.crgroups.info/>
- Gamblers Anonymous 1-800-522-4700 <http://www.gamblersanonymous.org/ga/>
- Man Therapy – Mental Health Resource for Men <http://www.mantherapy.org>
- National Association of Anorexia Nervosa & Associated Disorders 1-630-577-1330 www.anad.org
- Narcotics Anonymous 1-888-GET-HOPE (438-4673) (Hopeline) www.na.org/meetingsearch
- Nar-Anon Family Groups 1-800-477-6291 www.nar-anon.org/find-a-group
- National Eating Disorder Association 1-800-931-2237 www.nationaleatingdisorders.org
- NA Meetings for Youth (in Ada) held at Reaper Baptist Church 580-332-9233 3301 N. Broadway Ave, Ada, OK
- Real Warriors – Service Members, Veterans & Military Families <https://www.realwarriors.net/>
- Tobacco cessation assistance 1-800-QUITNOW
- White Bison 1-877-871-1495 www.whitebison.org

Suicide Prevention

- ECU Campus Suicide Prevention Grant 1-580-559-5819 or 5815
- ECU Brandon Whitten Institute for Addiction and Recovery 1-580-559-5720
- American Foundation for Suicide Prevention www.afsp.org
- National Suicide Prevention Lifeline: 1 (800) 273-TALK www.suicidepreventionlifeline.org
- Sibling Survivors of Suicide www.siblingsurvivors.com

Additional Resources

- Chickasaw Reuse Center 580-272-5451 (free clothing, home goods, building materials, etc.)
- Chickasaw Nation Services Directory www.chickasaw.net/Services/Programs-and-Services-Directories.aspx
- Oklahoma Dept. of Mental Health and Substance Abuse Services Yellow Pages <http://ok.gov/odmhsas/documents/CertProv11-14Web.pdf>
- Oklahoma Helpline (help with food, housing, health care, counseling, etc.) **Dial 211**

- Oklahoma Dept. of Mental Health and Substance Abuse Services Youth & Family Services
[http://ok.gov/odmhsas/Mental Health/Children Youth and Family Services/index.html](http://ok.gov/odmhsas/Mental_Health/Children_Youth_and_Family_Services/index.html)