

Support Groups

Crossings Community Church- <http://crossingsokc.org/careseries/> (Divorce, NAMI, grief, Anger, Blended families, 12-step groups)

NAMI (National Alliance of Mental Health) - <https://www.nami.org/>

SAMHSA (Substance Abuse and Mental Health Services Administration) - <http://www.samhsa.gov/>

12- Step meetings in Oklahoma:

AA- <http://www.aaoklahoma.org/>

AI-non - <http://www.okcalanon.org/>

NA- <http://www.okna.org/>

Gamblers Anonymous <http://www.gamblersanonymous.org/ga/node/1489>

Hotlines

[Heartland Suicide & Crisis Helpline](#) (405) 848- 2273

[National Suicide Prevention Lifeline](#) 800-273- TALK (8255)

Veteran's Suicide Prevention Lifeline 800-273- TALK (8255), option 1

YWCA Women's Shelter (405) 947-4506

Domestic Violence Hotline 800-522-7233

Rape Crisis Hotline (405) 943-RAPE (7273)

Hope Line 1-800-394-4673 (HOPE)

*Oklahoma City University Counseling does not recommend or endorse any of the practitioners listed above. The practitioners provided on this list are solely an example of available practitioner's in the local community. For further information concerning additional resources in the community please contact your medical insurance company.