

RESOURCES

WHO TO CALL IF YOU NEED HELP

Oklahoma Better Futures Project 
socialinnovationlab.org/okbfp



You are not alone.

LOCAL RESOURCES

2-1-1 Oklahoma

211 is a free and confidential service that helps you find the local resources you need, including COVID-19 resources.

Call 211, 877-362-1606 (OKC), 877-836-2111 (Tulsa)
<https://www.211.org/>

Oklahoma Coalitions Against Domestic Violence & Sexual Assault

Oklahoma Hotline: 1-800-522-7233
National Hotline: 1-800-656-4673
<https://www.ocadvs.org/>

Oklahoma Department of Mental Health Crisis and Information ReachOut Helpline
1-800-522-9054

NATIONAL RESOURCES

National Suicide Prevention Lifeline

1-800-273-8255 (TALK)
TTY: 1-800-273-8255
<https://suicidepreventionlifeline.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline

1-800-662-4357
<https://www.samhsa.gov/>

National Runaway Safeline

1-800-786-2929
Text 66008
<https://www.1800runaway.org/>

Rape, Abuse, and Incest National Network (RAINN) National Sexual Assault Hotline

1-800-656-4673
<https://www.rainn.org/>

LGBT National Help Center

1-888-843-4564
Youth Talkline: 1-800-246-7743
Senior Helpline: 1-888-234-7243
<http://www.glbtnationalhelpcenter.org/>

National Teen Dating Abuse Hotline

1-866-331-9474
Text "LOVEIS" to 22522
<https://www.loveisrespect.org/>

National Domestic Violence Hotline

1-800-799-7233 (SAFE)
TTY: 1-800-787-3224
<https://www.thehotline.org/>

Eating Disorders Awareness and Prevention Helpline

1-800-931-2237
<https://www.nationaleatingdisorders.org/>

StrongHearts Native Helpline Hotline

1-844-762-8483
<https://www.strongheartshelpline.org/>

National Center for Missing and Exploited Children (NCMEC)

1-800-843-5678
<https://www.missingkids.org/home>
Cyber Tipline: 1-800-843-5678
<https://report.cybertip.org/>

National Human Trafficking Hotline

1-888-373-7888
Text "HELP" to 233733
<https://humantraffickinghotline.org/>



SOCIAL INNOVATION

laboratory