**Behavioral Health Resources, June 2019**

**GuidanceResources**

* OSU-CHS offers confidential counselors with the Student Assistance Program (SAP) through GuidanceResources. **All OSU-CHS students and residents** have access **24/7** to talk with a counselor who will listen to your concerns and can guide you to the appropriate services you require.  Counselors are available to provide “in-the-moment” support by calling **866-519-8354.**
* If talking with the counselor leads to a referral for counseling, you are entitled to **10 free counseling sessions** arranged with a local provider. **Telephone counseling is also available by appointment**.
* At the time of your call to GuidanceResources, the counselor will conduct an assessment and then provide referral information to you in one of several ways.
  + In routine situations, you can expect to receive a call back from the counselor within approximately a day or so after your initial call, who will provide the name of a local counselor who is available to see you for an appointment.  We have been advised that once you contact the local provider, you should be able to be seen within approximately 3-5 days.
  + If an urgent appointment is needed, you will be contacted as soon as a provider is located; depending on the time of the initial call, it may be the next day before you receive the provider’s information.
  + In crisis situations, the counselor will assess your needs and make a determination about the next level of assistance needed.
* GuidanceResources also has information online on a range of topics (e.g., relationships, wellness, lifestyle, financial, etc.), which can found at [www.guidanceresources.com](http://www.guidanceresources.com/). **You can also call 866-519-8354***to speak with a counselor* to inquire about various topics.
* To access for the first time, click the link for REGISTER, enter **OKSTATESAP** as your Web ID, and then create your user ID and password.

**OSU CHS Well-being Clinic**

* Dr. Kelly Dunn, Clinical Assistant Professor of Psychiatry, is available to see students and residents. Visits are at no-cost. Services may include one-on-one *confidential* consultations for coaching, counseling, and psychiatric care on campus. Appointments can be made at <http://drdunn.as.me> This service can also connect you to providers outside of OSU. For more information, contact Dr. Dunn at [Kelly.dunn@okstate.edu](mailto:Kelly.dunn@okstate.edu)
* Spectrum of Services include
  + Behavioral Medicine (treatment oriented, medication & psychotherapy available, depression, excessive anxiety, PTSD, substance abuse, eating disorders, free, and paper charts)
  + Coaching & Advisement (coach/advisor, health coach, burnout prevention, someone to talk to, critical incident stress debriefing, major life event support, peer support)
  + Consultation Services (program centered well-being initiatives, educational resources for lectures and/or workshops)

**Residents that are also OSUMC employees** can also seek assistance through the Community Care Employee Assistance Program.

**OSU-Tulsa Counseling Clinic**

* The OSU-Tulsa Counseling Clinic is available to see students and residents for 5 free counseling sessions. Additional sessions are $10/per session. Appointments can be set by calling **918-594-8568**. The OSU-Tulsa Counseling Clinic is located on the OSU-Tulsa campus at 700 N. Greenwood, in Main Hall room 2419.

**COPES:** In the Tulsa community, crisis intervention is available through COPES (Community Outreach Psychiatric Emergency Services) of Family and Children’s Services. COPES is confidential and free for persons in Tulsa County. For immediate help, call **918-744-4800.** For more information, see <https://www.fcsok.org/services/crisis-services/>

**Suicide Prevention Hotline**: 1-800-273-8255 For more information, see <https://suicidepreventionlifeline.org/>

Please contact Dr. Vivian Stevens, Dept. of Psychiatry and Behavioral Sciences, 918-561-8470, Room A-245, or Dr. Kelly Dunn if you have questions. Please see this link for more information about campus resources:

<https://health.okstate.edu/centernet/behavioral-health.html>

**Listing of Community Resources**

**Behavioral Health**

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| Counseling & Recovery Services of OK | 918-394-2256 |
| Family and Children’s Services | 918-587-9471 |
| Daybreak Family Services | 918-514-4029 |
| Parkside | 918-588-8888 |
| CREOKS Mental Health Services | 918-382-7300 |
| COPES | 918-744-4800 |
| Tulsa Center for Behavioral Health | 918-293-2140 |
| Laureate Psychiatric Hospital | 918-481-4000 |
| Shadow Mountain Behavioral Health/hospital | 918-492-8200 |
| Brookhaven Hospital | 918-438-4256 |
| Mental Health Association | 918-585-1213 |
| OU Schusterman Center for Psychiatry Clinic | 918-619-4400 |
| Tristesse Grief Center | 918-587-1200 |
| NAMI | 918-587-6264 |
| Suicide Hotline (Tulsa) | 918-836-4357 |
| Suicide Hotline (statewide) | 1-800-522-9054 |
| Suicide Hotline (Lawton) | 580-355-7575 |
| Suicide Hotline (OKC) | 405-848-2273 |
| Suicide Hotline (Ponca City) | 580-765-5551 |

**Substance Abuse**

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| Reach Out Hotline | 1-800-662-4357 |
| Alcoholics Anonymous | 918-627-2224 |
| Al-Anon | 918-627-9114 |
| Narcotics Anonymous | 918-747-0017 |
| 12 & 12 | 918-664-4224 |
| Tulsa Women’s and Children Center | 918-430-0975 |
| Norman Treatment Center | 405-573-6624 |
| The Oaks Rehabilitative Services Center | 918-421-3500 |
| Eagle Ridge Treatment Center | 918-485-3554 |
| New Hope of Magnum | 580-782-3337 |
| New Hope of Sayre | 580-928-3200 |
| Muskogee Monarch | 918-682-7210 |
| HOW Foundation | 918-252-5739 |
| Palmer Drug Abuse | 918-832-7763 |