WELL BEINGS

Oklahoma
Mental Health Resource Toolkit

WETA OETA

The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content, and impactful local events. The campaign begins with the YOUTH MENTAL HEALTH PROJECT, engaging youth voices to create a national conversation, raise awareness, address stigma and discrimination, and encourage compassion.

The multi-year campaign, created by WETA Washington, D.C., brings together partners from across the country, including people with lived experience of health challenges, families, caregivers, teachers, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health for all. To learn more, visit **WellBeings.org** or follow **@WellBeingsOrg** on Instagram, Facebook, or Twitter, and join the conversation with **#WellBeings**.

Mental Health challenges come in many forms, from all walks of life. WELL BEINGS has put together this guide as a reference to the resources that exist nationally and right in your backyard that are available to help you or someone you care about who might be facing a Mental Health challenge.

If you are in crisis, or experiencing thoughts of suicide, please text the **Crisis Text Line** (**text HELLO to 741741**) or call the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**. Both services are free and available, 24 hours a day, seven days a week.

LOCAL RESOURCES

There is help close to home. Below we highlight community organizations that specialize in the mental health needs of those in Oklahoma. Although this guide isn't a complete list of all resources in the area, it can serve as a reference if you're looking for crisis providers and support organizations for youth, teens, and adults in Oklahoma.

AMAYESING SKILLZ COUNSELING

amayesingskillz.com
918-932-8774
Providing individualized services to parents in conflict and children with social, emotional or mental health concerns. Christian-oriented counseling that provides guidance and support.

DIVERSITY FAMILY HEALTH

diversityfamilyhealth.com
405-848-0026
Providing comprehensive health services and specialty care for the LGBTQ+ community in an environment free of discrimination and bias.

HEARTLINE

heartlineoklahoma.org
Youth Crisis Mobile Response:
833-885-CARES
Call 2-1-1 for resources
A 24/7 hotline for Oklahomans in crisis. The Youth Crisis Mobile Response is intended to support those ages 24 or younger having a mental health or substance abuse crisis. For those needing food, shelter, transportation and other human services needs, call 2-1-1. If you are thinking about harming yourself, please reach out on the National Suicide Prevention line at 1-800-273-TALK (8255).

INDIAN HEALTH CARE RESOURCE CENTER OF TULSA

Ihcrc.org
918-588-1900
Provides comprehensive healthcare and behavioral health services for Native American children, adolescents and adults. Offers substance abuse treatment services, systems of care wrap around services, LGBTQ2S+ program, youth suicide prevention program and domestic violence intervention program. Members of ANY federally recognized tribe and their dependents under the age of 18 are eligible to become a patient.

MENTAL HEALTH ASSOCIATION OKLAHOMA

mhaok.org
info@mhaok.org
918-585-1213 (Tulsa),
405-943-3700 (Oklahoma City)
State-wide nonprofit focused on advocacy, education, prevention and recovery supports. Free resources include: Mental Health Assistance Center, suicide prevention training, support groups, and a youth mental health screening program.

NAMI OKLAHOMA

namioklahoma.org
800-583-1264
NAMI Oklahoma provides resources, education and support to families affected by mental illness.

NORTHCARE

northcare.com
405-858-2700
Crisis intervention services available 24/7/365 to provide support to individuals experiencing emotional distress.

OKLAHOMA DEPARTMENT OF MENTAL HEALTH AND SUBSTANCE ABUSE

oklahoma.gov/odmhsas
405-248-9200
Serving as the state's safety net and leading expert for mental health and addiction, including prevention, treatment and recovery support services. Suicide prevention programs include: trainings to identify and assist those in distress, services, suicide intervention trainings, and postvention trainings and support to foster healing after a suicide loss.

OKLAHOMA HEALTHCARE AUTHORITY

oklahoma.gov/ohca
SoonerCare Helpline: 800-987-7767
Administering the SoonerCare, Medicaid program which ensures medically necessary benefits and services are available to qualified Oklahomans. Qualifying Oklahomans include certain low-income children, seniors, the disabled, those being treated for breast or cervical cancer and those seeking family planning services. Their vision is for Oklahomans to be healthy and to have access to quality health care services regardless of their ability to pay.

LOCAL RESOURCES

PIVOT

pivotok.org

contact@pivotok.org | 405-235-7537

Provides services for homeless or displaced youth between the ages of 12-24. Services include: shelter/housing, food/clothing/hygiene, counseling services, education and employment assistance, case management services, and medical care.

Q SPACE

QSpaceOK.org

qspace@northcare.com

405-259-2939

A safe and substance-free space for Oklahoma LGBTQ+ young people aged 13-25. Teen and Young Adult groups meet weekly online via Zoom as well as in-person in Oklahoma City. Programs include activities, education and mentor guidance that fosters positive attitudes and behaviors for a healthy, stable adulthood. Q Space provides an opportunity for young people to meet with peers, build friendships, and become empowered to be their best selves. Q Space also provides a support system and resources to reduce at-risk behaviors, including an affiliation with NorthCare with services for mental illness, trauma, and substance use. There is no charge to attend Q Space and meals are served at in-person groups.

RED ROCK BEHAVIORAL HEALTH SERVICES

red-rock.com

405-424-7711

24 Hour Crisis Line: 405-987-7625

Provides a comprehensive array of behavioral health services for individuals of all ages who are suffering from mental health, substance use, or co-occurring disorders.

STAND FOR THE SILENT

standforthesilent.org

405-714-5882

Raise awareness for bullying and youth suicide and the real devastation it can and does cause.

NATIONAL RESOURCES

Help is available for you, your family, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

ACTIVE MINDS

activeminds.org

Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction. Programs include Send Silence Packing®, Active Minds Speakers, the Healthy Campus Award, and Active Minds @Work

AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

aacap.org

The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. The website includes tool kits, resource libraries, educational materials and discussions for families and clinicians.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

afsp.org/get-help

With local chapters in every state, this organization gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

Guide on Returning to the Workplace

Uncertainty around a return to the workplace remains high for many. Even with widespread vaccinations and bits and pieces of "normalcy" coming back to daily life, many feel unsettled about disrupting new routines to return to a workplace with new and different dynamics. Employers are faced with unique challenges that include leading and supporting their workforces through the transition back to the office. This guide provides tips for supporting employees through that transition.

What are ACEs?

View this infographic to better understand what Adverse Childhood Experiences (ACEs) are and how they affect health outcomes into adulthood. This resource provides examples of ACEs and actionable steps professionals and clinicians can take to address them.

What are PCEs?

View this infographic to better understand what Positive Childhood Experiences (PCEs) are and what mental health professionals can do to invest in PCEs in their community.

Notice. Talk. Act. at School Impact Stories

Testimonials from teachers and school administrators about how the Notice. Talk. Act.® key framework has been implemented and the impact the training has had on staff and students in various school communities.

Notice. Talk. Act. at Home: Coping Skills for Parents and Caregivers

Designed to help parents and caregivers trying to navigate heightened levels of stress, this resource will help families better understand common signs of stress, offer ways to manage it, and examples of effective stress relief activities for the whole family.

What do Disruptive Behaviors Indicate?

This resource provides community members with an overview of how schools approach disruptive behaviors, the harmful impacts of zero tolerance policies, and a potential solution for how schools can view disruptive behaviors as a need for support, not discipline.

Diversity & Health Equity Education

View educational resources, including fact sheets, guides and online learning modules, that address the mental health needs of culturally diverse populations.

NATIONAL RESOURCES

Working Remotely During COVID-19
workplacementalhealth@psych.org
202-559-3900
We are navigating unchartered waters with Covid-19, making it important to find new ways to work and interact while also taking care of our mental health and well-being. This resource provides practical tips on taking care of our mental health and well-being.

Five Myths and Facts About Depression
Depression and anxiety are major concerns when it comes to youth and young adults. This infographic calls out 5 common myths about depression and sets the record straight with facts. It also shares common warning signs of depression and advises employers on how they can effectively address depression in the workplace.

ASHA INTERNATIONAL
myasha.org
gayathri@myasha.org
971-340-7190
ASHA International is a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope & wellbeing, one story at a time. Programs include Let's Talk About Mental Health & My Story MY SUPERPOWER Movement.

BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)
beam.community/
The Black Emotional and Mental Health Collective (BEAM) is made up of therapists, yoga teachers, lawyers, and activists with a mission to break down the barriers to Black healing.

BLACK MENTAL HEALTH ALLIANCE (BMHA)
blackmentalhealth.com/
A nonprofit providing training, consultation, support groups, resource referral, public information, and educational resources regarding mental health and mental illness issues.

CALL TO MIND
calltomindnow.org
@calltomindnow
Call to Mind is American Public Media's (APM) initiative to foster new conversations about mental health. Call to Mind believes that mental well-being is for everyone and that it's time to end the misconceptions and discrimination associated with mental health conditions.

CREDIBLEMIND & WELL BEING TRUST
wellbeingtrust.org/mental-health-resources/
Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well—in mental, social and spiritual health. The website includes a widget built by CredibleMind that makes it easy to search and access by topic and type of material, curated mental health resources.

DANA FOUNDATION
dana.org
danainfo@dana.org
Explore the brain with the Dana Foundation's free resources for kids and adults. Find fact sheets, lesson plans, articles, and puzzles about brain function and health, all reviewed and approved by scientists.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE
dbsalliance.org/brochures/
DBSA offers a variety of free educational materials that can be downloaded or sent directly to your home. The website includes materials detailing strategies and information applicable for both loved ones & caregivers as well as those with depression or bipolar.

NATIONAL RESOURCES

HERSH FOUNDATION

http://www.struckbyliving.com/uploads/resources/Adult_SENSE_2020.pdf
http://www.struckbyliving.com/uploads/resources/College_SENSE_2020.pdf
This resource includes Common Sense strategies for adult & college age mental health from Julie K. Hersh. Julie Hersh is President of the Hersh Foundation, an organization committed to education and leadership programs in research and prevention of mental illness.

HOPE SQUAD

hopesquad.com **#hopesquads**
support@hopesquad.com
801-342-3447
A peer-to-peer suicide prevention program for grades 4–12. Members are trained to promote mental wellness, recognize signs of crisis, and refer at-risk peers to trusted adults.

HUMANEST CARE

humanestcare.com
Humanest Care is an online mental health community that connects people to help each other on their journey. Members of the Humanest community have access to groups, workshops, 1:1 sessions, and self-help tools. Humanest Care provides a complete support system to make life easier. Come with a problem. Leave with a personalized action plan.

THE JED FOUNDATION

JED Voices

Stories are a powerful way to reduce shame, prejudice and secrecy and inspire us to be proactive about our mental health. In our JED Voices video series, we sit down with notable and influential mental health advocates who talk about what mental health means to them.

Seize the Awkward

Seize the Awkward provides young adults with tips on how to sustain a conversation with their peers around mental health.

Set to Go

Set to Go provides students, families, and educators resources on how to get emotionally prepared for the transition from high school to college or adulthood.

Love is Louder Action Center & COVID-19 Resource Guide

JED's Louder Action Center and COVID-19 Resource Guide provide resources and tips for protecting mental health and supporting each other during the COVID-19 pandemic.

Ulifeline

Ulifeline is an online resource for college students. Schools can sign up and post campus-specific information on how to access treatment and crisis services.

Equity in Mental Health Framework

The Equity in Mental Health Framework provides academic institutions with a set of recommendations to help strengthen their activities and programs to address the mental health disparities facing students of color in higher education.

JED's POV on Student Mental Health and Well-Being in Fall Campus Reopening

Considerations for college and university campuses as they continue to prepare and work through supporting the mental health and well-being of their communities during the fall reopening.

Mental Health is Health

JED & MTV have worked together on award-winning mental health storytelling & campaigns for 15 years. JED is now a founding partner in MTV Entertainment Group's new Mental Health is Health initiative featuring an online hub that can be navigated by how we're feeling and what we're experiencing.

Press Pause

The Jed Foundation and PINK partnered to launch Press Pause to give young adults tips, tools and experiences to help them practice mindfulness in their daily lives and to cope with emotional challenges in the moment. We've worked with a diverse set of practitioners and content creators in an effort to make the mindfulness space more representative and inclusive.

NATIONAL RESOURCES

Mental Health Media Guide
The entertainment industry's guide to mental health storytelling.

Pressure to be Perfect Toolkit
We want your time on Instagram to be positive, inspiring, and intentional. This toolkit, a collaboration between Instagram and JED, is here to help you figure out the best ways for you to use the platform. We want to encourage you to be mindful of how time online impacts your emotional well-being, share some tips and tools that can improve your experience, and connect you with resources for further thought and discussion.

Proud & Thriving
In partnership with the Consortium for Higher Education LGBT Resource Professionals, Proud and Thriving is a collaboration focused on helping schools integrate comprehensive frameworks and recommendations to protect and support the mental health of LGBTQ+ students. Through this partnership, JED is creating essential communities of care so all students feel a sense of belonging at their schools.

***Each and Every Day* Documentary**
Each and Every Day, from Executive Producer Sheila Nevins and Director Alexandra Shiva and created in partnership with MTV and JED, is a documentary exploration of youth mental health through the eyes of young people who have attempted suicide or have struggled with suicidal thoughts. The film offers relatable and authentic portraits of young people dealing with suicide and emphasizes help seeking and hope.

JUVENILE BIPOLAR RESEARCH FOUNDATION

jbrf.org/families/
Supporting children and families suffering from bipolar or Fear of Harm disorder through research, education, and outreach. Includes general information, educational concerns and diagnostic tools, research news, virtual support groups, parent training and treatment options.

KAISER PERMANENTE THRIVING SCHOOLS

FindYourWords.org
Find Your Words features information to help everyone learn how to start conversations, connect to helpful tools and online communities, and find support for themselves and the people they care about, including young children and teenagers. There's information on how to build resilience and reduce stress, screening tools to inform further conversations about diagnosis and treatment, and new ways to share inspiring stories, videos, and artwork from the site with others.

thrivingschools.kaiserpermanente.org
Thriving Schools is an all-in engagement to improve health for students, staff, and teachers. On this site, you'll find the tools and ideas to help you create healthier school environments, build habits for healthy eating and active lifestyles, and support social and emotional well-being.

THE LOVELAND FOUNDATION

thelovelandfoundation.org/loveland-therapy-fund/
The Loveland Foundation provides financial assistance to Black women and girls seeking mental health services nationwide via its Therapy Fund.

MELANIN & MENTAL HEALTH

melaninandmentalhealth.com/
Serving the mental health needs of Black and Latinx communities by offering a therapist directory and podcast on mental health issues.

MENTAL WELLNESS COLLECTIVE

mentalwellnesscollective.com/
An online community focused on helping women of color prioritize their mental health and normalize help seeking. Their goal is to build a safe place for women to express themselves, break the stigma around mental health, raise awareness to issues that are important to the Black community, and provide access to providers.

NATIONAL RESOURCES

MENTAL HEALTH AMERICA

MHAnational.org

Mental Health America's work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

MENTAL HEALTH FIRST AID TRAINING

mentalhealthfirstaid.org

Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Mental Health First Aid is provided by the National Council for Mental Wellbeing.

MOVEMBER CONVERSATIONS

conversations.movember.com

#Movember

A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can't fix someone else's problems, but a listening ear can make all the difference.

NAMI - THE NATIONAL ALLIANCE ON MENTAL ILLNESS

www.nami.org **#NotAlone**

Call the NAMI Helpline at 800-950-6264 M-F, 10 am-6pm, ET

Or in a crisis text "NAMI" to 741741 for 24/7, confidential free counseling.

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Join the conversation at nami.org | facebook.com/nami | instagram.com/namicommunicate | twitter.com/namicommunicate

NAMI Basics OnDemand

NAMI Basics is a 6-session education program for parents, caregivers and other families who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

The OnDemand program is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

NAMI Frontline Wellness

NAMI has developed a suite of no-cost digital resources for frontline professionals, which are available now at www.NAMI.org/FrontlineWellness. These custom-made resources were developed based on the findings from a comprehensive needs assessment and include: techniques to build resilience, access to confidential and professional services, peer support groups, support for family members, how to identify signs of a potential mental health emergency and suicide prevention information. #FirstRespondersFirst

ONE MIND PSYBERGUIDE

onemindpsyberguide.org/

info@psyberguide.org

@PsyberGuide

One Mind PsyberGuide is a non-profit project providing guidance to people interested in using technology to live mentally healthier lives. There are thousands of publicly available mental health apps, but few have been vetted in any way. We provide expert reviews of apps, free of preference, bias, or endorsement, to help people make informed decisions.

NATIONAL RESOURCES

OTSUKA PATIENT SUPPORT

OtsukaPatientSupport.com
1-855-242-7787 (M-F, 8am-8pm EDT)
"In the midst of a global crisis, our purpose at Otsuka becomes more meaningful. To help our patients defy the limitations that COVID-19 has forced on our world, we are pleased to announce cost-free Otsuka medication to patients in the US experiencing hardships." - Kabir Nath, President and CEO, Otsuka North America Pharmaceutical Business.

If you lost your job or insurance status due to the COVID-19 crisis, your prescribed Otsuka medication in the US can be provided at no cost. Please visit otsukapatientsupport.com or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

SMI ADVISER

Individuals and Families page:
smiadviser.org
SMI Adviser is a technical resource center to raise awareness and promote the use of evidence-based practices in the treatment of serious mental illness. When you go to the website, you have the option of accessing resources by clicking the "Clinician" button or the "Individuals & Families" button.

SUTTER HEALTH

sutterhealth.org/about/mental-health
24-Hour Crisis Support
Call (800) 273-TALK(8255).
Text Crisis Line
Text MHA to 741741 for support.
Sutter Health strives to be an industry innovator by integrating physical and mental health to care for each person's total health and wellbeing. Sutter care centers have experienced therapists, psychologists and psychiatrists who can assess and treat a wide range of behavioral health issues, including the most complex disorders.

THE STEVE FUND

stevefund.org
info@stevefund.org
401-249-0044
The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, & young people to promote programs & strategies that build understanding and assistance for the mental and emotional health of the nation's young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information along with on-campus and on-site programs and services for colleges and non-profits.

STRONG 365

strong365.org **#URstrong**
@strong365community (Facebook, Instagram) @strong365 (Twitter)
Enter code "strong" to connect with trained listeners for free, 24/7:
7cups.com/p/strong365/?wla=strong365
info@strong365.org
A project of the non-profit organization One Mind, Strong 365 aims to shorten the path to effective, life-saving help by connecting young people in the earliest stages of psychosis to both online and community-based support.

THERAPY FOR BLACK GIRLS

therapyforblackgirls.com
An online space dedicated to destigmatizing mental health care and helping Black women find their ideal practitioner.

THERAPY FOR BLACK MEN

therapyforblackmen.org
A dedicated space for men and boys of color to educate themselves on mental wellness, connect and control their own narrative on mental health matters.

NATIONAL RESOURCES

THE TREVOR PROJECT

TheTrevorProject.org

If you or someone you know needs help or support, contact The Trevor Project's TrevorLifeline 24/7 at 1-866-488-7386. Counseling is also available 24/7 via chat every day at TheTrevorProject.org/Help, or by texting 678-678.

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

THE YOUTH MENTAL HEALTH PROJECT The Parent Support Network

ymhproject.org/parent-support-network
#youthmentalhealthproject

parentsupportnetwork@ymhproject.org
773-501-9548

The Parent Support Network™, a program of The Youth Mental Health Project™, offers free and confidential support meetings run by and for parents who are concerned about the mental health of their children, teens, and young adults.

THIS IS MY BRAVE

thisismybrave.org

This Is My Brave enables high school and college aged students to use storytelling to combat stigma around mental health. This Is My Brave brings stories of mental illness and addiction out of the shadows and into the spotlight.

WORK2BEWELL

Work2BeWell.org

The #Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. Here you will find free curriculum, programs, and assets that can be used to help educate teens about mental health and wellness.

WELL BEINGS

Support for the WELL BEINGS YOUTH MENTAL HEALTH PROJECT provided by Otsuka, Kaiser Permanente, Bank of America, Liberty Mutual Insurance, American Psychiatric Association Foundation, One Mind, Movember, National Alliance on Mental Illness, Dana Foundation, Dauten Family Foundation, The Hersh Foundation, Mental Health Services Oversight & Accountability Commission, John & Frances Von Schlegell, Sutter Health, Robina Riccitiello, and Jackson Family Enterprises.

Partners include PBS NewsHour Student Reporting Labs, WE Organization, National Council for Mental Wellbeing, Mental Health America, CALL TO MIND at American Public Media, PEOPLE, Forbes, The Steve Fund, and The Jed Foundation.

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BANK OF AMERICA

Liberty Mutual INSURANCE

AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

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NAMI National Alliance on Mental Illness

Dana Foundation

DAUTEN FAMILY FOUNDATION

THE Hersh FOUNDATION

MHSOAC Mental Health Services Oversight & Accountability Commission

John & Frances von Schlegell

Sutter Health

ROBINA RICCITIELLO

JACKSON FAMILY ENTERPRISES

PARTNERS

PBS NEWS HOUR STUDENT REPORTING LABS

WE

NATIONAL COUNCIL for Mental Wellbeing

MHA Mental Health America

CALL TO MIND

People

THE STEVE FUND

JED The Jed Foundation