



# Mental Health Association Oklahoma (MHAOK)

Mental Health Association Oklahoma is a statewide, nonprofit organization dedicated to promoting mental health, preventing mental disorders, and achieving victory over mental illness through advocacy, education, research, service, and housing.

MHAOK Website: <https://mhaok.org/>

About MHAOK: <https://mhaok.org/about/>

MHAOK Services: <https://mhaok.org/services/>

## MHAOK Resources FOR ADULTS: 18+

### **Assistance Center:**

Assistance navigating a complex network of community resources on topics related to mental illness, suicide prevention, employment, and housing support.

Contact us anytime Monday-Friday from 8:30 a.m. – 5 p.m.

Phone: (918) 585-1213, (405) 943-3700

Email: [info@mhaok.org](mailto:info@mhaok.org)

or by using the form below.

Website/form: <https://mhaok.org/mental-health-assistance-center>

### **Support Groups:**

Free, Confidential, Statewide, and Virtual support groups led by a trained facilitator. Groups we currently offer: Stress Management, Depression Management, Anxiety Management, Bipolar Management, Post-Traumatic Stress Disorder (PTSD) Management, Survivors of Suicide Loss, BIPOC Emotional & Mental Health, and Grief (Ages 18-24).

Website: <https://mhaok.org/services/support-groups/>

If you are interested in joining one of our groups please fill out the form on our website or contact the Assistance center via phone or email.

### **Platicas (Spanish-Speaking Support Groups):**

The Hispanic / Latinx Coalition is here to help the Hispanic community with mental health information and resources in our language for those who may be struggling with mental or emotional health. Offers Free, Confidential, Statewide, and Virtual support groups led by a trained facilitator.

Groups we currently offer: Platicas (Conversations), Reducción Del Estrés (Stress Management), and Grupo de Padres de Niños con Necesidades Especiales (Parents of Children with Special Needs)

If you are interested in joining contact Jocelin Baeza via

Phone: (918) 928-2471

Email: [jbaeza@mhat.org](mailto:jbaeza@mhat.org)

Website: <https://mhaok.org/services/support-groups/>



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## MHAOK Resources FOR STUDENTS:

### Youth Mental Health Screenings:

Provides free, evidence-based mental health screenings to youth in grades 5th-12th, with parental consent. It is used to identify both general and mental health concerns, including suicide risk. If any concerns are discovered, the parent/guardian and screener will develop a plan to connect the teen with necessary treatment and support.

Contact Caroline Pollard via

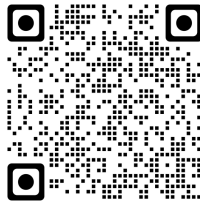
Phone: 405-400-4278

Email: caroline.pollard@mhaok.org

If you would like to schedule a youth mental health screening for your child please complete the following form:

#### English:

<https://forms.gle/z5Djb4oxjZwr1zZM7>



#### Español:

<https://forms.gle/uo1x7b4J5SGAvUir6>



### Empowered Voices:

A youth advocacy group for ages 16-24. This program is 100% youth led and builds public awareness around obstacles that youth are currently facing.

Email: [empoweredvoices@mhaok.org](mailto:empoweredvoices@mhaok.org)

If you are interested in joining please fill out the following form:

Empowered Voices Website/Form: <https://mhaok.org/about/empowered-voices-form/>



## **Community Resources**

### **Crisis Text Line:**

Serves anyone, in any type of crisis, providing access to free, 24/7 support and information.

**Text HOME to 741741 to have a confidential text conversation  
with a trained crisis counselor from Crisis Text Line.**

### **Youth Crisis Mobile:**

Streamlines process and removes barriers to connect youth, family, or agency to the single point of access for crisis treatment.

**Call 1-833-885-CARE (2273) toll-free, available 24/7**

### **988 Oklahoma:**

A direct, three-digit lifeline that connects you with trained behavioral health professionals to talk you through what's going on and get the resources you need.

**Call 988, available 24/7**

### **Oklahoma Coalition Against Domestic Violence and Sexual Assault Hotline:**

Help with safety planning, emergency shelter, and crisis intervention. The hotline operates 24 hours a day, 7 days a week, and all calls are free and confidential.

**Call (800) 522-SAFE (7233)**

### **Additional Oklahoma Resources:**

<https://oklahoma.networkofcare.org/mh/emergency-services.aspx>

## **Recursos Comunitarios en Español**

### **Crisis Text Line:**

Envía un mensaje de texto con la palabra AYUDA al 741741  
para comunicarte de manera gratuita con un Consejero de Crisis

### **PROGRAMA RUNAWAY**

PARA PREVENIR QUE LOS JÓVENES QUE HUYAN DE CASA  
1-800-786-2929

### **LÍNEA NACIONAL DE AYUDA PARA VIOLENCIA DOMÉSTICA**

1-800-799-7233

### **LÍNEA NACIONAL DE AYUDA DE SALUD MENTAL Y ABUSO DE SUSTANCIAS**

1-800-662-4357