

Mental Health Resource Information

This list is of known providers of a particular service. The providers on the list are from a variety of sources. The list is being provided as a courtesy, for information only, and the user should understand that no assurances or guarantees regarding the providers on the list are being made by providing this list. Bethel Public Schools neither endorses, approves, nor recommends any specific provider listed below. This list is not inclusive of all community agencies, services or organizations that provide the particular service, and the omission of an agency, service or organization from this list does not imply disapproval. It is the responsibility of the user of this list to determine whether any of the content is of value to them and whether or not the agency, service or organization meets their specific needs.

Bethesda (Norman, OK) (405) 364-0333

<https://www.bethesdaok.org>

- Specializes in serving those who have suffered the trauma of childhood sexual abuse
- Specialized Group & Individual Therapy
- Summer Camps
- Education on Personal Boundaries

Bison Family Therapy (405) 585-6413

<https://www.bisonfamilytherapy.com/>

- Emotionally focused couples therapy, parent/child interaction, medical family therapy

Cassie Alexander, LPC-S (405) 254-0141/364-0333

Email hello@cassielouiselpc.com

<http://www.cassielouiselpc.com>

- Individual & Family Therapy
- Child Development Support
- Combines eclectic, deeply personal approach to therapy combining traditional and modern modalities to focus on human connection, empathy, and behavior

CPN Health Clinic: Behavioral Health Services (405) 275-2222

<https://www.potawatomi.org/services/health/behavioral-health>

- Individual and Family Therapy
- Assessment & Evaluation
- Group Therapy for Addiction Treatment

Cornerstone Behavioral Health & Pediatric Therapies (Midwest City) 405-455-6868

<https://www.cornerstoneok.org/>

- Specializes in providing therapeutic services to children with Autism and other developmental disabilities
- Behavioral Counseling
- Psychological Evaluations

Creeks Health Services (405) 275-1844

<https://creeks.org>

- Individual and family therapy
- Screening & Assessments
- Psychiatric Consultation
- Parent programs
- Play Therapy
- Substance Abuse Services
- Onsite appointments during school day

Focus Mental Health Services (405) 214-0116

Email johnie@focusmhs.com

<https://focusmhs.com/>

- Individual and family therapy
- Therapy for trauma, depression, and anxiety.
- EMDR Eye Movement Desensitization and Reprocessing
- Cognitive Behavioral Therapy
- Emotion-Focused Therapy
- Play Therapy

Foundations Therapy (405) 585-2971

Email foundationstherapyshawnee@gmail.com

<https://www.foundationstherapyshawnee.com/>

- Tandi Mize - Family and Individual Therapy addressing Emotional, Behavioral, Psychological and Social Difficulties including ADHD, Anger Management, Anxiety, Depression, PTSD, Trauma, Grief, Family Conflict, Social Skills, and Development of Healthy Coping Skills.
- Pediatric Counseling Only

Gateway to Prevention & Recovery (405) 273-1170

<https://gatewaytoprevention.org/>

- Family & Group Therapy
- Substance Abuse Treatment
- Trauma-Focused Cognitive Behavioral Therapy
- Play Therapy Eye Movement Desensitization & Reprocessing Therapy (EMDR)
- Parent/Child Interaction Therapy

GrowthLines (405) 273-7455

<https://www.growthlines.net>

- Paulann C. Canty, MS, LMFT
- Family & Marital Therapist
- Individual & Family Therapy

Heart for Change (405) 513-1862

Email alysewalkerlpc@gmail.com

- Alyse Walker
- Mental Health and Substance Abuse Counseling

Hope Revealed Behavioral Health Center (405) 481-7187

Email info@hoperevealedbhs.com

<https://hoperevealedbhs.com/>

- Serena Ward - Executive Director
- Individual and family therapy, helping clients recover from various issues such as: trauma, ADHD, ODD, PTSD, depression and anxiety.
- EMDR Eye Movement Desensitization and Reprocessing
- Cognitive Behavioral Therapy
- Play Therapy

Project Safe (800) 821-9953

Email info@projectsafeok.com

<http://www.projectsafeok.com>

- Provide trauma-informed services to victims of domestic abuse, violence, sexual assault, or stalking

Red Rock Behavioral Health Services (405) 275-7100

<http://www.red-rock.com>

- Virtual Clinic Option
- Individual, Group, and Family Counseling
- Individual Rehabilitation
- Peer Support Services
- Inpatient Crisis Services

Wellman Counseling (405) 255-4414

www.wellmancounseling.org

- Sandra Wellman
- Grief and Loss, PTSD, Healing from Divorce, Depression/Anxiety, Growth and Development, Parenting

Youth & Family Resource Center (405) 275-3340

<http://www.yfrcshawnee.org>

- Individual & Family Therapy
- School Based Counselors
- Child Parent Relationship Therapy
- Children of Divorce Seminar
- Court-Appointed Special Advocates (CASA)
- Don't Give Up Camp (Ages 10-14) to promote positive behaviors
- Streetwise (First-Time Offender Program)
- Supervised Visitation

National Suicide Prevention Hotline Dialing Code: 988

Child Abuse Hotline: 1-800-522-3511

2-1-1 Community Resource Line (Call 211):

<https://www.211.org>

Crisis Text Hotline

www.crisistextline.org

Text REFER to 741741

HeartLine (Oklahoma's Community Crisis Connection):

<https://heartlineoklahoma.org/>

National Alliance on Mental Illness (NAMI) 1-800-950-6264 (10am - 6pm EST)

<https://www.nami.org>

National Suicide Prevention Lifeline 1-800-273-8255 (24/7)

<https://suicidepreventionlifeline.org/>

Oklahoma Department of Human Services:

(405) 878-4000

<https://oklahoma.gov/okdhs.html>

Oklahoma Department of Mental Health & Substance Abuse Services:

(405) 248-9200

<https://www.ok.gov/odmhsas/>

Pottawatomie County Health Department:
(405) 273-2157

<https://oklahoma.gov/health/county-health-departments/pottawatomie-county-health-department.html>

Substance Abuse and Mental Health Administration (SAMHSA)
1-800-622-4357 (24/7)

<https://www.samhsa.org>

Teen Line 1-800-852-8336 (6pm - 10pm PST)

<https://teenlineonline.org/>

Text TEEN to 839863 (6pm - 9pm PST)

Trevor Project 1-866-488-7386 (24/7)

<http://www.thetrevorproject.org/>