TRHF Community Resource Directory 2026

Chapter 6: Mental Health & Recovery

Case Manager Edition

Family & Children's Services

Comprehensive mental health counseling, crisis services, addiction treatment, maternal mental health, and recovery support.

Counseling & Recovery Services (CRS)

Community mental health services including counseling, psychiatric care, crisis services, and the CALM Center.

GRAND Mental Health

Counseling, assessments, rehabilitation services, veteran services, and behavioral health care.

CREOKS Health Services

Mental health counseling, substance abuse treatment, family services, and community support.

Mental Health Association Oklahoma

Housing advocacy, recovery support, peer services, and resource navigation.

CALM Center

24/7 crisis stabilization for youth ages 10–17 experiencing behavioral or emotional crisis.

Clubhouse Tulsa

Supportive community and vocational engagement for adults living with mental illness.

THRIVE Lifeline

Confidential mental health text support. Text THRIVE to 313-662-8209.

Crisis Text Line

Free 24/7 crisis support. Text HOME to 741741.

NAMI Tulsa

Family-to-Family education program, support groups, and mental health advocacy.

Fresh Hope

Faith-based support groups for individuals with mental health challenges and their loved ones.

The Grief Center

Individual and group grief support for adults, children, and families.

Quick Mental Health Reference

In crisis? Call 988, COPES, or Crisis Text Line. Need counseling? Family & Children's Services, CRS, GRAND Mental Health, and CREOKS are excellent starting points.