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## Stay Informed

- [World Health Organization](#)
- [Centers for Disease Control and Prevention](#)
- [Oklahoma State Health Department](#)
- [Tulsa Health Department](#)
- [Oklahoma City Health Department](#)
- Guidance from the CDC on [what to do if you think you have Covid-19](#).

## Mental Health Services and Resources

### Hotlines/Chat/Text lines

#### Local:

- [COPES \(Community Outreach Psychiatric Emergency Services\)](#) at 918-744-4800, a free and confidential 24/7 telephone crisis line and mobile crisis service, provides emotional support children and adults in suicidal crisis or emotional distress. We can also work with family members, friends, schools, law enforcement and other professionals to ensure safe resolutions and intervention plans are put in place.
- [DVIS \(Domestic Violence Intervention Services\)](#) at 918- 743-5763, 24 Hour Crisis Assistance for those experiencing domestic violence or wanting to help someone that is.
- [Grand Lake Mental Health Center 24-Hour Crisis Line](#) at 1-800-722-3611
- [Tulsa Helpline](#) (dial 211) **is a free and confidential link to help and hope for those in need, whatever the need, 24/7. Get connected to thousands of community resources and services near you, including crisis support.**
- [The Calm Center](#) Call 918-394-2256 anytime of day or night for help with a behavioral or substance abuse crisis affecting youth ages 10-17. [www.crsok.org/the-calm-center/](http://www.crsok.org/the-calm-center/)

#### National:

- [National Domestic Violence Hotline](#) at 800-799-7233 or chat online. Unfortunately, domestic violence/intimate partner violence and abuse have significantly increased as people are ordered to stay home, which for some means being even more trapped with their abusers. If you or someone you know is going through this contact the National Domestic Violence Hotline.
- [National Suicide Prevention Lifeline](#): 800-273-8255, Crisis intervention and free emotional support are available, which is helpful when you need confidential assistance during a time of emotional distress for you or a loved one. The helpline is open 24/7, and a live online chat is available as well.
- [LGBTQ+ Hotline](#): The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth. Connect with the TrevorLifeline 24/7 at 1-866-488-7386, text "Start" to 678678, or chat online.

- [Trans Lifeline](#): Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. Call 877-565-8860.
- [Veterans Crisis Line](#): 800-273-8255, Text a message to 838255. Operated by the Department of Veterans Affairs, these services aid veterans and their families who may be crisis by connecting them with VA responders.
- [National Alliance on Mental Illness \(NAMI\)](#): 800-950-6264, operates an emergency mental health hotline M-F from 10 a.m. to 6 p.m. EST. Operators can provide info about mental illness and refer callers to treatment, support groups, family support, and legal support, if needed.
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#): 800-662-4357, SAMHSA runs a 24-hour mental health hotline that provides education, support, and connections to treatment. It also offers an online Behavioral Health Treatment Locator to help you find suitable behavioral health treatment programs.
- [National Institute of Mental Health \(NIMH\)](#): 866-615-6464, This organization has a variety of methods for you to communicate with people about mental health issues. In addition to the phone line, there is a live online chat option. These resources are available M-F, 8:30 a.m-5 p.m. EST
- [Mental Health America Hotline](#): Text MHA to 74141. Mental Health America is a nationwide organization that provides assistance through this text line. You will be linked to someone who can guide you through crisis or just provide information.
- [Crisis Text Line](#): Text CONNECT to 741741. Specialized crisis counselors are just a text message away on this free confidential 24-hour support line. To further protect your privacy, these messages do not appear on a phone bill. The text line also provides services and support if you are upset, scare, hurt frustrated, or distressed.

### **Reduced fee therapy (including telehealth)**

- [Family and Children's Services](#) is open and scheduling telehealth appointments. F&CS is the largest community mental health provider in Oklahoma and provides services to children, adolescents, and adults, including case management, therapy, and psychiatric services.
- [Creoks](#) is an established, non-profit organization which provides comprehensive health, wellness and social services. Our behavioral health division offers 40 years of quality services and programs that benefit adults, adolescents and children in our communities. We're here to help with 23 clinics across the state.

- A collective called [Inclusive Therapists](#) are offering sliding-scale telehealth during this challenging time specifically. Here is their [Instagram post](#) discussing their desire to help those in need right now.
- [Open Path](#) is a directory of therapists who offer sliding-scale therapy.
- [Pandemic Therapists](#): This was just created in the last few days. The website isn't quite up and running yet, but therapists who are taking on new clients and offering telehealth will be adding themselves to this new, unique directory.

### **Technology Incentives:**

List of companies that have responded to the Keep Americans Connected Pledge.

<https://sde.ok.gov/sites/default/files/COVID-19%20Technology%20Incentives.pdf>

### **Mental Health Apps:**

- [Moodfit](#); *"Whether you're experiencing anxiety, depression, or high levels of stress, Moodfit is designed to help you feel better."*
- [MoodMission](#); *"MoodMission recommends 'missions' based on how the user is feeling and each mission can improve mood and coping skills."*
- [Sanvello](#); *"Sanvello teaches mindfulness skills and provides mood and health tracking tools that can be used to improve mental and physical health."*
- [Headspace](#); *"Headspace was started by Andy Puddicombe, a Buddhist monk whose made it his mission to teach meditation and mindfulness to as many people as possible."*
- [Happify](#); *"Happify provides science-based activities and games that are meant to reduce stress, build resilience, and overcome negative thoughts."*
- Depression CBT Self-Help Guide; *"The Depression CBT Self-Help Guide provides education on depression and the best strategies for managing the symptoms."*
- [Calm](#); The Calm app has a variety of tools and guided meditations, and includes calming imagery and background noise. It also has a calendar to track meditations.
- [VA Mental Health Apps](#); The mental health applications in the suite of product were designed specifically for veterans through the Department of Veteran Affairs, but anyone can use them. Each app provides different activities based on the user's current mental health state. As an example, Mood Coach monitors the person's mood and offers quick relief strategies to lower stress levels. PTSD Coach provides mental health coping methods for those suffering from post-traumatic stress disorder.
- [Worry Knot](#); This guided tool helps with managing worry with helpful techniques. It also provides distractions and provides daily tips on how to cope with worry
- [Insight Timer](#); Insight Timer is a meditation app with over 6,000 available meditations, which can be filtered based by criteria like meditation type and topic, popularity, age, etc. It also features a customizable meditation timer with a range of ambient sounds and bells.

- [SuperBetter](#); SuperBetter is a video-game style app in which users create a Secret Identity and progress through the game by completing quests. Quests consist of self-care activities, for example drinking water, or reaching out to an old friend.
- [Serenita](#); Serenita is designed to track and manage stress levels through breathing techniques, symptom tracking and short, interactive exercises. It includes a breathing exercise and animated guide to direct the user when to inhale, hold, and exhale the breath.
- [Woebot](#); Woebot is an AI-powered chatbot that guides users through managing distressing thoughts and feelings with principles of Cognitive Behavioral Therapy (CBT). The app invites users to communicate with Woebot through a text-messaging interface.

## **Tips for managing anxiety and stress (Articles and Videos)**

### **Articles**

- [From the Center for Disease Control \(CDC\)](#)
- [From the World Health Organization \(WHO\)](#)
- [From the American Psychological Association \(APA\)](#)
- [From the National Alliance on Mental Illness \(NAMI\)](#)
- [From the Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [Dear Guy: "I'm incredibly anxious about coronavirus. What can I do?"](#)
- [The Psychology Of Uncertainty: How To Cope With COVID-19 Anxiety](#)
- [How to Be Productive and Creative in Times of Panic](#)
- ['FACE COVID' How to respond effectively to the Corona crisis by Dr Russ Harris, author of The Happiness Trap](#)
- [Coping and Staying Emotionally Well During COVID-19-related School Closures](#)

### **Videos**

- TED Talk - Kelly McGonigal: [How to Make Stress Your Friend](#)
- TED Talk - Guy Winch: [Why We All Need to Practice Emotional First Aid](#)

### **Podcasts**

- [Managing Anxiety About the Coronavirus](#) with Dr. Joy Harden Bradford
- [Coronavirus BONUS: Beat Your Isolation Loneliness](#) from the The Happiness Lab with Dr. Laurie Santos.

## **Basic Needs**

### **Food**

- **Catholic Charities**  
Still operating their food bank Monday-Friday, ending at 2:00 pm each day and is first-come-first-served until supplies run out.
- **Christ for Humanity**  
6314 E 13th St  
Tulsa, OK 74112  
Phone: (918) 836-2424 ext 200 for appointments.  
Groceries provided by appointment only. Assistance can be received 1x per month, and ID is required for each individual receiving groceries.
- **Emergency Infant Services**  
Provides basic needs help for children five and under. <https://www.eistulsa.org/>
- **Iron Gate**  
501 W Archer St.  
Phone: (918) 359-9022  
Services exist for anyone who is hungry. Groceries available Friday and Saturday morning from 8:30-10 am and hot breakfast is served M-F 8:30-10:30am, Sat and Sun 8:30-10am. No ID required. Pre-packaged grocery bags given out Wed. & Fri. 12 pm-1pm & Sat. 11 am -12 pm
- **Family and Youth Center**  
Emergency food provided M-F 9-5. Assistance can be received 1x per month, and an ID, proof of address, and social security card, is required for each person receiving food.
- **First Baptist Church**  
305 S. Detroit Ave. Tulsa, OK  
Phone: (918) 587-1571  
Currently distributing food Monday- Thursday 10-11AM. ID and proof of address required. All of their other assistance programs are suspended until further notice.
- **Operation Share**  
1915 East 3rd  
Tulsa, OK 74104  
Phone: (918) 587-8431  
Fees: None for the food.  
Emergency food is provided from 9-11:45am Thursday and Saturday. Assistance can be received 1x per month. You must live between Harvard and Peoria and Pine and 15th. 2 forms of ID required, one of which must be a photo ID, proof of address and social security card for any children receiving food.
- **Restore Hope**  
69th and Mingo  
Tulsa, OK 74127  
Phone: (918) 585-5310  
Emergency food provided M-Thursday 11:30am-3pm. Assistance can be received 6x per year. Picture ID and proof of residence required. Social security required for children receiving food.

- **South Tulsa Community House**  
Food Pantry Only by Appointment- 918-742-5597
- **Tulsa Area United Way**  
COVID -19 Resources List [www.tauw.org/tauw/COVID-19.asp](http://www.tauw.org/tauw/COVID-19.asp)
- **Tulsa C.A.R.E.S**  
3712 E 11th St,  
Tulsa, OK 74112  
Phone: (918) 834-4194
- **Tulsa Co. Social Services**  
2401 Charles Page Blvd  
Tulsa, OK 74127-8435  
Phone: (918) 596-5560  
Other: (918) 596-5591  
Shelter & Food vouchers provided M-F 8:30-5. Assistance can be received 1x per 6 months. Vouchers are disbursed at the beginning of the month so it's important to go in early. Photo ID, proof of residence, household income, household expenses, and bank statement if available.
- **Western Neighbors**  
4981 S Tacoma  
Tulsa, OK 74107  
Phone: (918) 445-8840  
Groceries provided M-Thursday 8-12. Assistance can be received 1x per month for non-perishables and 1x per week for perishables. You must live in southwest Tulsa. Photo ID and proof of residence required.
- [Hunger Free Oklahoma](#)
- [Food for Thought Oklahoma](#)
- **Loaves and Fishes Ministry**  
19th and Garnett is open and will have food on Friday. 10 to noon.  
Proof of home address required.  
Phone number 918-234-8574.They give out 3 days of food to those in need.
- **Sand Springs Community Services**  
(918) 245-5183 food services only at this time- located at 114 W 4th St. Sand Springs.  
Call ahead. No walk-ins.
- **Coffee Bunker**  
6365 E 41st St.  
Tulsa, OK 74135  
Please call to make arrangements to pick up food – 918-637-3878 xt 102 or 918-637-7545. Boxes prepared for individuals and families.
- [Meals on Wheels Tulsa](#)

### **Food for Children**

- Broken Arrow Public Schools

- Children must be present to receive a meal, which will include lunch for the day and breakfast for the next morning. Free grab-and-go meals for students 18 and under, beginning March 23, until April 3 at the following locations:
  - Central Park – 11 a.m. to 11:30 a.m.
  - Sequoyah Middle School – 12 p.m. to 12:30 p.m.
  - Indian Springs Apartments 1 p.m. to 1:30 p.m.
- Union Public Schools
  - Free drive-thru breakfast and lunch meals for children beginning March 23. This is available for all students, not just Union Students.
  - Ellen Ochoa Elementary – 9:30 a.m. to 11:30 a.m.
  - 6th/7th Grade Center – 9:30 a.m. to 11:30 a.m.
  - Jefferson Elementary – 9:30 a.m. to 11:30 a.m.
- Jenks Public Schools
  - Children must be present in the car in order to receive meal
  - Free “Take-out” for children 18 and under
  - JHS Dining Hall – 9:30 a.m. to 11:30 a.m.
- Sand Springs Public Schools
  - Free grab-and-go meals to children 18 and under. This is available March 23 to April 3.
  - Limestone Technology Academy – 11 a.m. to 12:30 a.m.
  - Clyde Boyd Middle School – 11 a.m. to 12:30 p.m.
  - Garfield STEAM Academy – 11 a.m. to 12:30 p.m.
  - Central Ninth Grade Center – 11 a.m. to 12:30 p.m.
  - Charles Page High School – 11 a.m. to 12:30 p.m.
  - Early Childhood Education Center – 11 a.m. to 12:30 p.m.
- Sapulpa Public Schools
  - Sapulpa is putting plans in place to provide free meals for children 18 and under, beginning March 23.
  - If you believe you will use this service, please fill out the [SHORT SURVEY](#) to help the planning process.
- [Tulsa Public Schools](#)
- Tulsa Legacy Charter School
  - Free breakfast and lunch to all kids 18 & under. This starts March 23 from 10:30 a.m. to 12 p.m.
  - Children can also receive learning materials at this time. [LEARN MORE HERE.](#)

## Evictions and Foreclosures in OK

Due to the coronavirus, the Oklahoma Supreme Court has ordered that the courts remain closed until May 15, 2020. This means that no court hearings will be held and no eviction orders will be issued until after the courts reopen.

[https://www.csctulsa.org/wp-content/uploads/2020/03/Notice-to-Tenants-about-Mediation\\_3.31.20.pdf](https://www.csctulsa.org/wp-content/uploads/2020/03/Notice-to-Tenants-about-Mediation_3.31.20.pdf)

## **Companies offering free Internet Service and/or lifting mobile data caps**

- [Spectrum Mobile](#)
- [AT&T](#)
- [Comcast](#)
- T-Mobile

## **Utilities**

- Public Service Company of Oklahoma (PSO), Oklahoma Natural Gas and the cities of Tulsa, Broken Arrow and Owasso water departments will not shut off services for non-payment at this time.
- City of Tulsa municipal court dockets are suspended for 30 days and evictions are on pause.

## **Medications**

- [CVS Pharmacy](#) will waive charges for home delivery of prescription medications.
- [Walgreens](#) is waiving delivery fees for all eligible prescriptions during this evolving situation and any purchase on Walgreens.com.

## **Other Emergency Aid**

- U-Haul will offer [30 days of free self-storage](#) at its facilities to help college students who are currently housing insecure (find your nearest U-Haul location [here](#))

\*Portions of this list have been borrowed from a list created by Family and Children's Services

\* Prepared by the Al Carozzi Center for Counseling at OSU-Tulsa and Jose Vega, Oklahomans for Equality