

SUPPORT & TREATMENT SERVICES
for
MENTAL & EMOTIONAL HEALTH
in STILLWATER

24 HOUR CRISIS HELPLINES

MENTAL HEALTH CRISIS: 1-800-722-3611
([Grand Lake Mental Health Center-Stillwater](#))
DOMESTIC VIOLENCE: 1-800-624-3020
([Wings of Hope-Stillwater](#))

NATIONAL DOMESTIC VIOLENCE: 1-800-799-7233

CHILD ABUSE HOTLINE: 1-800-522-3511

GENERAL EMERGENCY
911

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Where do you start to describe how many different ways you're feeling in response to the COVID-19 virus and the changes in your daily life? Even at one moment, there can be a whole bunch of different feelings-and then they change in the blink of an eye. Have you been feeling irritable, sad, low energy, edgy, worried, lonely, angry, frustrated, tired, impatient, anxious? Have your usual coping strategies (e.g. sleep, exercise, meditation, prayer, going outside, reading, music) not been working? Many people are experiencing this in response to COVID and all its implications. If you are concerned about your own feelings, thoughts or behaviors or the feelings, thoughts or behaviors of a person you know, there are a variety of services available in Stillwater. If you are especially concerned about yourself or another person hurting themselves or another; or about violent or abusive behavior call one of the hot lines listed above.

The following services are available and there are options for all levels of distress. Health is really health...and emotional/mental health is just as important as physical health. In fact, your emotional health is a critical component of your physical health.

When you have tried ideas and activities that we know can lift your spirits or calm anxiety (e.g. being outside, sleeping, eating well, exercise, prayer, meditation, limiting access to news and screens, etc.), check out these other resources. Stay healthy. Stay connected.

PEER-to-PEER LISTENING PROJECT

A “Warm” Line

405-880-3703

In our wonderfully complicated, disconnected and overconnected, world, sometimes it’s just good to talk out-loud with another person; another person who is a good listener. A good listener is a person well-trained in skills of confidentiality...no fixing, no solution-giving, no judgments. Good listeners who have this training have volunteered to be part of the pilot Peer-to-Peer Listening Program. These volunteers are NOT mental health professionals.

This is how it will work. Call [405-880-3703](tel:405-880-3703) or email Patriciadarlington@gmail.com and request a 20-minute Listening Session. You will be asked your name and the address from which you are calling as well as a call back number and a good 2-hr block of time for an appointment. This information will be sent to the volunteer listener who will call you for your free 20-minute Listening Session.

Calls and emails will be answered between 9am and 9pm. This is a pilot program which will extend through April 30, 2020. This is not a crisis hot line; you might think of it rather as a “warm line.”

We look forward to hearing from you.

STEPHEN MINISTRY

Stephen Ministry is a ministry provided by several local congregations in which trained and supervised lay persons provide one-on-one Christian care to individuals facing life challenges, difficulties, or stressful times. This confidential ministry is provided to adults at no cost.

Referral Coordinators for Stephen Ministry at Local Churches

Catholic Community
Angela Pradia 405 762-9405
angie_mklady@yahoo.com

First United Methodist Church
Polly Crawley 405 742-4042
Palcrawley@aol.com

Lost Creek United Methodist Church
Sharon Kinzie 405 612-2638
skpraisesthelord@yahoo.com

First Presbyterian Church
Carolyn Caldwell. 405 747-0218
Carcaldwell@sbcglobal.net

New Covenant Fellowship
Mary Anne Brubaker
405 642-0007
Ghcknm@gmail.com

Zion Lutheran Church
Stacy Boehler Primeaux
405 612-7236
Sboehlerprimeaux@yahoo.com

Sunnybrook Christian Church
Gaye Anderson 405 742-4055
gayeleslieanderson@gmail.com
Linda Bruder. 405 714-1188
larnlin@hotmail.com

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

NAMI- North Central Oklahoma meets in Stillwater under normal circumstances. We are still fielding questions by phone or email during Shelter-in-Place. Our local volunteers are: Lou Ann Winn, 405-742-2650 or Jackie Dahlgren, jackie.dahlgren@outlook.com. Our usual National Alliance on Mental Illness meetings and classes are currently on hold per the coronavirus. This educational group is especially helpful to relatives and friends who have loved ones with such brain disorders as schizophrenia, bipolar disorder, schizoaffective disorder, major depression, panic disorder, and obsessive-compulsive disorder.

NAMI-OK in Oklahoma City.

NAMI-NC in Stillwater is an affiliate of NAMI-OK, which continues to issue information on the internet at <https://www.namioklahoma.org> Or, call toll free, 1-800-583-1264; address is 3812 N. Santa Fe Ave., Suite 305, Oklahoma City, OK 73118.

**ALCOHOLICS ANONYMOUS (AA)
NARCOTICS ANONYMOUS (NA)
AL-ANON**

(AA) <https://beta.aa-intergroup.org>

(AL-ANON) <https://al-anon.org/al-anon-meetings/electronic-meetings/>

(NA) https://www.eascna.org/?page_id=30

CELEBRATE RECOVERY in STILLWATER

Celebrate Recovery is a faith-based Support program that helps individuals with addictive, compulsive and dysfunctional behaviors.

<https://eagleheights.com/ministries/celebrate-recovery>

<http://stillwatercoc.org/ministries/celebrate-recovery>

<https://www.gracestillwater.com/events/event/20/celebrate-recovery-12-step-study-5-7pm-adult-classroom/2018-03-27>

MENTAL HEALTH TREATMENT RESOURCES IN STILLWATER

Stillwater has a number of agencies which offer a variety of therapeutic interventions for all ages for emotional or mental distress. These agencies are all operating during this COVID-19 crisis and within the guidelines of the CDC and Stillwater's Shelter-in-Place Proclamation. Please call the agency number for more individual information.

GRAND LAKE MENTAL HEALTH CENTER (GLMHC)

<https://www.glmhc.net>

https://www.glmhc.net/COVID-19_id114

24/7 Crisis # 1-800-722-3611

Grand Lake Mental Health Center is a not-for-profit community behavioral health center serving adults, children, and families in Northeast Oklahoma since 1979 and in Stillwater/Payne County since 2016. In 2019, GLMHC became the Certified Behavioral Health Community Center for Stillwater and Payne County (as well as Pawnee, Kay, Osage and Noble). GLMHC provides services for children and adults and operates an Intensive Outpatient Clinic in Stillwater. GLMHC utilizes services of an interpreter if English is not first language.

GLMHC accepts Medicaid, Medicare and private insurance. Care is also provided for those with no payment options.

GLMHC offers an array of recovery-focused services for persons with mental illness and persons with co-occurring substance related disorders.

ALL SERVICES ARE EITHER CURBSIDE (MEDICATION PICK-UP) OR VIA TELEHEALTH. Accommodations for those without access to internet service.
ALL SERVICES ARE BEING ADMINISTERED FROM 1624 CIMARRON PLAZA

Children, Youth & Adult Services
1624 Cimarron Plaza, Stillwater, 74075
405-372-2202

Grand Lake Mental Health Center Inc. is committed to continue to provide all necessary services towards the care of all the clients we currently serve as well as being available

to assist all new clients that will need assistance in the challenging months ahead. Larry Smith, GLMHC CEO

STILLWATER INTERFAITH COUNSELING CENTER (SIFCC)

405-624-5840
807 S. Pine St., Stillwater, 74074
<https://www.sifcc.org>

Services for children, youth, adults, couples

In 1995, the ministerial staffs and congregations of seven Stillwater churches developed a pastoral counseling center to meet the growing need for affordable therapy in the community. Initially the center was affiliated with the Samaritan Institute, a national training and organizing service for counseling. Stillwater Interfaith Counseling Center grew out of this relationship and retains the goal to provide the best mental health care for all no matter the source of pay. SIFCC is a United Way Agency and it's work is subsidized by community churches and individuals. SIFCC currently has three licensed therapists who accept private insurance and, because of donations, may use a sliding fee scale.

CREOKS BEHAVIORAL HEALTH

405-372-7791
421 E. Thomas Ave., Stillwater, 74075
<https://creoks.org>

CREOKS Behavioral Health Services is a non-profit, mental health and substance abuse provider in Oklahoma and Stillwater. They will be using TeleMed for therapy sessions with children, adults, families and couples.

WINGS OF HOPE

405-372-9922

**24 hour crisis helpline:
(405) 624-3020 or [1-800-624-3020](tel:1-800-624-3020)**

<http://wingsofhopeok.com>

We are a private nonprofit agency. Our mission is to provide Safety, Hope and Empowerment for victims of Domestic Violence, Sexual Assault and Stalking.

In reference to services during the COVID-19 crisis, Wings of Hope is continuing to offer advocacy and shelter options. Standard emergency entrance protocols are in place.

National Domestic Violence Hotline

[1-800-799-7233](tel:1-800-799-7233)

CHILD ABUSE HOTLINE: [1-800-522-3511](tel:1-800-522-3511)

PAYNE COUNTY YOUTH SERVICES

405-377-3380

Payne County Youth Services is continuing our 48 year history of high quality, free services throughout Payne County.

Adapted free services during the Covid -19 Emergency include tele-therapy for new clients and existing clients (need not have internet) ages 4-100) Building a Competent Community for Suicide Prevention training for businesses, groups and individuals, stress reduction/coping groups, chats with a counselor for children, youth and adults,"Chronicle YOUR Story," interactive social media platform, parenting. grief, harm reduction, building resiliency at home, and more. All activities are provided electronically through various platforms. We will continue to work with partner schools, the City, SMC and others during this time.

Homeless youth in need of Transitional Living Services should contact us for a case-by-case assessment (apartments based on availability).

Safe Place remains available for children and youth to age 18.

Our shelter is only accepting new residents in conjunction with DHS. OJA and Law Enforcement. No visitors at this time.

For services call 405-377-3380. In case of life-threatening emergency call 911. To support our critical services please go to our website, www.pcys.org, or Facebook or call.

WE ARE HERE FOR YOU # ITS ALL FOR THE KIDS
Janet Fultz, NCC, MS, LPC
Executive Director
Payne County Youth Services

PRIVATE PRACTICE THERAPISTS

There are many licensed mental health providers in Stillwater; licensed psychologists, licensed professional counselors, licensed social workers, and licensed marriage and family therapists. These professionals are primarily using a variety of teletherapy programs and private insurance companies for the most part have adapted their payment schedule to accommodate.

If you would like to find a therapist for yourself, the best thing to do is check your health insurance and see who is in your network. Medicare does also reimburse for mental health treatment; check with individual providers. There are private therapists who work on a sliding fee scale; please do not hesitate to ask when you call.

Please remember: If you or someone you care about feels overwhelmed with emotions like sadness, depression or anxiety, or like you want to harm or kill yourself or others call 911. You may also call Grand Lake Mental Health **24/7/365 Crisis #** [1-800-722-3611](tel:1-800-722-3611)

You can also contact the Substance Abuse and Mental Health Administration's Disaster Distress Helpline at [800-985-5990](tel:800-985-5990), the National Suicide Prevention Lifeline at [800-273-8255](tel:800-273-8255).

We have heard a lot of “Stay” messages over the last month...

Stay healthy. Stay connected. Stay home.

Here are some other possibilities:

Stay present.

Stay calm.

Stay in a routine.

Stay open to joy.

Stay compassionate.

Stay balanced.