



Your life is our life's work.

# Southern Oklahoma Community Resources

## Abuse, Domestic Violence & Rape (In an emergency, dial 911)

Adult Abuse Hotline: (800) 522-3511  
Child Abuse Hotline: (800) 522-3511  
Crisis Control Center: (580) 924-3494  
Department of Human Services: (580) 490-3600  
Family Shelter of Southern Oklahoma: (580) 226-6424  
SAFE LINE: (800) 522-7233  
Chickasaw Nation VOCA: (580) 226-4821  
Child Advocacy Center: (580) 504-0683

### Aging Community

American Association of Retired Persons: (800) 424-3410  
Big Five Community Services: (580) 223-4613  
Caregiver Support: (888) 439-5331  
Department of Human Services: (580) 490-3600  
DHS Aging Division: (405) 521-2327  
National Eldercare Locator: (800) 677-1116  
Senior Information Line: (800) 211-2116  
SODA: (580) 920-1388

Special Unit on Aging: (405) 521-2281  
Social Security Office: (888) 619-4774  
Love County Senior Program: (580) 276-2600  
SORTS: (580) 924-5331  
Sunshine Industries: (580) 226-1444  
Ardmore Veterans Center: (580) 223-2266  
**Child Support Enforcement**  
Oklahoma DHS: (800) 522-2922

### Children

Boys and Girls Club: 580-490-9084  
Carter County Health Department Child Guidance: 580-223-9705  
Carter County Sooner Start: (580) 223-970  
CASA of Southern OK: (580) 226-0009  
Cities in Schools: (580) 223-8762  
Dai Center: (580) 226-9222  
Department of Human Services: (580) 490-3600  
HFV Wilson Center: (580) 223-0136

### Clothing

Grace Day Center: (580) 226-2878  
Salvation Army: (580) 223-6176  
Salvation Army Thrift Store: (580) 223-6279  
First United Methodist (M, T, W, Th, F, Sa, Su): (580) 223-5390  
It's From the Heart: (580) 657-2531  
**Dementia/Alzheimer's**  
Alzheimer's Association: (800) 272-3900  
Lewy Body Dementia Association (LBDA): (800) 539-9767

### Dental

D-Dent: (800) 522-9510  
Good Shepherd Community Clinic: (580) 223-3411  
Dental Hygiene Screenings SOTC: (580) 223-2070

### Disability

Big 5 Community Services: (580) 223-4613  
Oklahoma Rehabilitative Services: (580) 226-1808  
Handicapped Concerns/Client Assistance: (405) 522-8224  
Mercy Memorial Rehabilitation Center: (580) 220-6602  
Sunshine Industries: (580) 226-1444  
Crisis Unit: (580) 798-4523  
Group Home: (580) 657-2047

### Education

Boys and Girls Club: 580-490-9084  
Cities in Schools: (580) 223-8762  
University Center: (580) 319-0300  
Ardmore Family Literacy: (580) 798-6176  
HFV Wilson Center: (580) 223-0136  
Mid-America Technology Center: (580) 232-5580  
Southern Tech: (580) 223-2070  
Southeastern Oklahoma State Continuing Education: (580) 745-2384  
Take Two Academy: (580) 221-3037  
New Dimension Literacy Council: (580) 630-9055  
Ardmore Public Library: (580) 223-8290  
Ardmore Library (ELL/Citizenship): (580) 221-3236  
YW8: (580) 490-9980

### Emergency Services

American Red Cross of South Central and Southeast Oklahoma: (580) 223-6313 (Emergency Line: 1-800-494-0275)  
Love County Family Shelter: (580) 226-3750  
Salvation Army: (580) 223-6176  
The Family Shelter of Southern Oklahoma: (580) 226-3750  
(Crisis Hotline: (580) 226-6424)

### Employment Services

Big Five: (580) 223-4613  
Department of Rehabilitation Services: (580) 226-1808  
Sunshine Industries: (580) 226-1444  
OESC: (405) 557-7100  
Oklahoma Works: (580) 223-3291

### Financial Education

Big 5: (580) 223-4613  
Consumer Credit Counseling: (580) 226-5885  
Grace Resource Center: (580) 223-3252  
**Food**  
Ardmore Soup Kitchen (M-F 6:00 PM): (580) 226-2870

Food and Resource Center: (580) 798-2293  
Carter County Health Department (S.N.A.P. Food Stamps): (580) 223-9705

Big 5 (DHS Referral): (580) 223-4613  
Salvation Army (M-F 12:30 PM): (580) 223-6176  
HFV Wilson Center (M-F 4:00-5:00 PM): (580) 223-0136  
Our Neighbors Cupboard (Tishomingo): (580) 219-0665  
Food for Pets: (580) 220-0609  
Wilson Food Bank: (580) 264-0692

### Furniture/Household Items

It's From the Heart: 580-657-2531

### HIV

RAIN Oklahoma: (800) 285-2273  
CDC Info: (800) 232-4636

### Health/Medical

American Cancer Society: (405) 843-9888  
Carter County Health Department: (580) 223-9705  
Cross Timbers Hospice: (580) 223-0655  
Good Shepherd Hospice: (580) 798-6116  
Department of Human Services Sooner Care: (580) 490-3600  
Merry Breakthrough/DETOK: (580) 220-6089  
Chickasaw Health Clinic: (580) 226-8181  
Good Shepherd Health Clinic: (580) 223-3411  
Oklahoma Veterans Center: (580) 223-3411  
Hope Pregnancy Resource Center: (580) 223-7218  
Sooner Care: (580) 490-3600  
Sooner Start/Early Intervention: (580) 223-9705  
Tishomingo Health: (580) 371-2343  
Diversity Family Health: (405) 848-0056  
[MEAP@GoodShepherd](mailto:MEAP@GoodShepherd) (Medical Equipment): 580-223-3411

### Hotlines

Suicide Hotline: 1-800-273-8255  
Domestic Violence Hotline: 1-800-799-7233  
National Substance Abuse Helpline: 1-800-662-6264  
National Alliance on Mental Health: 1-800-950-6264  
Crisis Text Line: Text CONNECT to 741741

### Housing

Lakeview Apartments: (580) 224-9874  
Ardmore Habitat for Humanity: (580) 223-1540  
Highland Park Apartments: (580) 223-1011  
Huntington Falls Apartments: (580) 223-6466  
HUD: (405) 609-8401  
Orchard Apartments: (580) 223-0038  
**Housing** (Rent based on Income)  
Chickasaw Housing: (580) 226-2095  
Pecan Creek Apartments: (580) 223-6837



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# Southern Oklahoma Community Resources

OPM: (580) 226-0416

## Housing (Shelters)

Community Youth Services: (580) 226-1838  
Family Shelter of Southern Oklahoma: (580) 226-6424

The Joyce House: (580) 504-4617  
Salvation Army: (580) 223-6176

## Immigration and Refugee Services

Catholic Charities: (580) 798-2305

## Information & Referrals

Bureau of Indian Affairs: (580) 436-0784

Chickasaw Nation Tribal Headquarters: (580) 436-2603

Choctaw Nation Tribal Complex: (580) 924-8280

Senior Information Line: (800) 211-2116

SODA Area Agency on Aging: (800) 211-2116

Grace Center: (580) 223-2027

## Language

Ardmore Public Library: (580) 223-8290

- English, Spanish, and Citizenship classes.

Ardmore Family Literacy: (580) 798-6176

Duolingo (Phone App)

Babbel (Phone App)

## Legal

Legal Aid: (580) 226-4863

Oklahoma Crime Victims Compensation: (800) 745-6098

Oklahoma Rehabilitative Services: (580) 226-1808

## Mental Health

Ardmore Counseling Association: (580) 223-0292

Child and Family Guidance Center: (405) 238-2387

Community Youth Services of Southern Oklahoma

DAI Center: (580) 226-9222

Lighthouse Behavioral Wellness: (580) 223-5636

Lighthouse Behavioral Wellness Centers Crisis Service: (580)

798-4523 (Crisis Hotline: 1-800-522-1090)

Oklahoma Families First, Inc: (580) 226-9388

Marshall Co. Family Support Services: (580) 795-7476

Nurturing Mamas Network: (918) 916-9896

Restoring Lives: (580) 798-3650

Rolling Hills Psychiatric Hospital: 1-855-794-4399

Southeastern Oklahoma Family Services: (580) 226-5209

The Family Shelter of Southern Oklahoma: (580) 226-3750

(Crisis Hotline: (580) 226-6424)

## Prescription

Grace Resource Center: (580) 223-2027

Oklahoma ABLE Tech: (800) 257-1705

RX for Oklahoma: (877) 794-6552

## Rental Assistance

Grace Resource Center: (580) 223-2027

Catholic Charities: (580) 798-2305

## Shelter & Homeless

Community Youth Services of Southern Oklahoma

Grace Day Center: (580) 226-2878

Grace Resource Center: (580) 223-2027

Habitat for Humanity

INCA Community Service Inc.: (580) 371-2352

Love County Family Shelter: (580) 226-3750

Restoring Lives: (580) 798-3650

Sunshine Industries: (580) 226-1444

The Family Shelter of Southern Oklahoma: (580) 226-3750

(Crisis Hotline: (580) 226-6424)

Think Ability: (580) 252-8000

Salvation Army: (580) 223-6190

Mama T's (Adat): (580) 495-1559

## Substance Abuse

Arbuckle Life Solutions: (580) 226-1656

Alcohol Anonymous (Ardmore): (580) 223-1883

Behavioral Medicine: (580) 223-5400

Broadway House: (580) 226-3252

Drug Recovery, Inc: (405) 396-2353

US Center for Substance Abuse: (800) 662-4357

Naomi House: (580) 798-0397

O.U.T.: (580) 504-9566

Destiny Recovery Center: (580) 798-4421

Lighthouse Behavioral Wellness: (580) 223-5636

20<sup>th</sup> District Adult Drug Court: (580) 226-5520

Rolling Hills Psychiatric Hospital: 1-855-794-4399

## Teens & Youth

National Center for Missing and Exploited: (800) 843-5678

National Runaway Hotline: (800) 621-4000

Teeline (noon-midnight): (800) 522-8336

Sarah's Project: (580) 226-7283

YW8: (580) 490-9980

## Transportation & Emergency Travel

Greyhound Bus: (580) 223-7600

SORTS: (580) 226-5730

Sooner Ride: (877) 404-4500

## Utility Assistance

DHS (LIHEAP): (580) 490-3600

Salvation Army: (580) 223-6176

Grace Resources Center: (580) 223-2027

211 Oklahoma Hearline: dial 211

Catholic Charities: (580) 798-2305

Marshall County Ministerial Alliance: (580) 795-3213

Veteran KIBOIS: (580) 465-6684

Good Shepherd Clinic: (580) 223-3411

## Vision

Hobbs Eye Care: (580) 226-5858

Good Shepherd Clinic: (580) 223-3411



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