

## Patient Resources

### **Adult Mental Health and Substance Abuse / Behavioral Help**

[https://ok.gov/odmhsas/Mental\\_Health/Adult\\_Crisis\\_Centers.html](https://ok.gov/odmhsas/Mental_Health/Adult_Crisis_Centers.html)

### **Free Dental Help.** Guide to free and low cost dental help

[https://sites.deltadentalok.org/site\\_docs/DDOK\\_FND\\_ResourceGuide.pdf](https://sites.deltadentalok.org/site_docs/DDOK_FND_ResourceGuide.pdf)

### **Senior Connection.** A directory for resources for Seniors living in Canadian, Cleveland, Logan and Oklahoma Counties.

[http://www.areawideaging.org/images/Resource\\_Directory\\_file\\_for\\_Website\\_6-21-16.pdf](http://www.areawideaging.org/images/Resource_Directory_file_for_Website_6-21-16.pdf)

### **2-1-1.** Gain access to the organizations in your area that provide free and low-cost services such as financial assistance, food, clothing, housing, counseling, health care and more.

<http://www.referweb.net/tulh/Search.aspx>

### **Adult Day Services.** Adult Day Health Services are the best kept secret in senior and adult with disabilities care choices. Adult day Health Services help keep participants engaged physically and mentally and give caregivers a needed break.

<http://www.eoctech.edu/adult-day-services/>

### **Choctaw Senior Center.** The city of Choctaw Senior Citizens Center provides a wealth of information and opportunities for members of our community age 60 and older.

<http://choctawcity.org/senior-center/>

## Patient Resources

### **Diabetes Education.**

#### **American Diabetes Association**

<http://www.diabetes.org/in-my-community/local-offices/oklahoma-city-oklahoma/>

#### **Integris Baptist Medical Center – Diabetes Education**

<http://integrisok.com/integris-baptist-medical-center-diabetes-education-program>

#### **Mercy-Oklahoma State University Medical Center – Diabetes Education**

<http://www.osumc.net/services-specialities/center-for-diabetes-education/>

#### **Indian Diabetes Program – Choctaw Tribal Services**

<http://www.choctaw.org/government/tribalServices/health/diabetes/sdpi.html>

### **Reading Assistance**

Contact the Oklahoma City Metro Literacy Coalition at 405/830-2790 or email at [info@okcliteracycoalition.org](mailto:info@okcliteracycoalition.org).

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

### **YMCA**

<http://ymcaokc.org/locations/midwest-city>

### **Domestic Violence**

#### **Oklahoma Coalition Against Domestic Violence and Sexual Assault**

[www.ocadvsa.org](http://www.ocadvsa.org)

Rape, Abuse and Incest National Network

<https://rainn.org/>

For Victims of Human Trafficking

[www.beautifuldream.tv/](http://www.beautifuldream.tv/)