

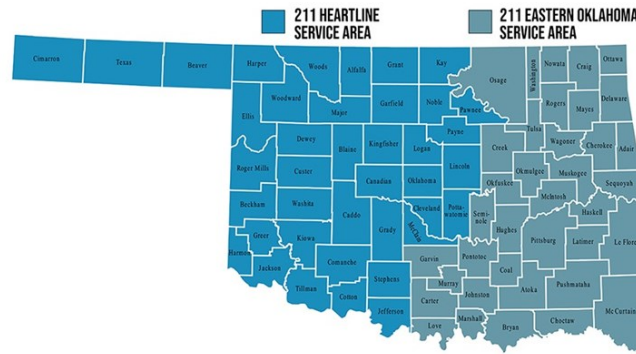
**Veterans  
Crisis Line**



**DIAL 988 then  
PRESS 1**

DoD  
**Safe  
Helpline**  
Sexual Assault Support for the DoD Community  
[safehelpline.org](https://safehelpline.org) | 877-995-5247

**EMPLOYEE  
ASSISTANCE  
PROGRAM**

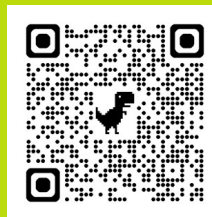


**211** is a **24/7 free** service available to all Oklahomans across 77 counties operated by two nonprofit organizations: Heartline, Inc. for the western half of our state, and the Tulsa Area United Way for the eastern half. Through a direct phone call, live chat, text message or online search, certified resource specialists in Oklahoma City and Tulsa connect people across the state who need help to the social services in their area that can help. We monitor our database continuously for accuracy, and also serve as a clearinghouse for disaster resources during community emergencies.

To find a resource please use:

**Link:** <https://211eok.org/211-oklahoma>

**-OR-  
QR Code:**



**WHERE**

**DO I GO**

**FOR**

**HELP**



**Integrated  
Resilience Office  
(IRO)  
405-734-3600**



Alcohol/Drugs

Depression/  
Sadness

Adult/Child Issues  
or Concerns

Domestic Violence

Finances

Sleep

Nutrition/Fitness/  
Tobacco

Mediation

Marriage & Family

Needs Medication

Relationships

Anxiety/Worry

Sexual Assault

Sexual Harassment

Suicidal Ideation

Discrimination

Work/School

Special Needs  
504/IEP

Emergency  
Communication

Child Care

Reasonable  
Accommodations

Hostile Work  
Environment

Harassment

(ADAPT) 405-582-6605
Chapel 405-734-2111
Civilian Health Promotions Services
Command Post 405-734-7313
Domestic Abuse Victim Advocate (DAVA)
Employee Assistance Program (EAP)
Equal Employment Opportunity (EEO)
Exceptional Family Member Program (EFMP-FS) 405-739-2747
Family Advocacy 405-582-6604
Inspector General 405-739-2051/ 739-3822
Mental Health Clinic 405-582-6603
Military Family Readiness Center (M&FRC)
Military Family Counselors (MFLC)
New Parent Support 405-582-6604
Primary Care 405-734-2778
School Liaison 405-734-3683
Sexual Assault Prevention & Response (SAPR)
Victim Witness Assistance 405-739-8610
Health Promotion 405-736-2169



Military & Dependent Services



Military Services



Military & DAF Civilian Services



DAF Civilian Services