

Provider	Webpage	Phone	What is happening?	Crisis	Substance Abuse	Available 24/7	Health Insurance Required	Use Confidential
<b>National Suicide Prevention Lifeline</b>	<a href="https://988lifeline.org/">https://988lifeline.org/</a>	<b>988</b>	<b>Call or Text - I'm in need, RIGHT NOW!</b>	✓	✓	✓		✓
Crisis Text Line	<a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>	800.366.8288	Text HOME to 741741	✓	✓	✓		✓
Blue Cross Blue Shield of Oklahoma	<a href="http://www.bcbsok.com">www.bcbsok.com</a>	866.882.8363	I'd like to make an appointment with a Psychiatrist, Psychologist, etc.		✓		✓	✓
24/7 Nurseline (Blue Cross)	<a href="http://www.bcbsok.com">www.bcbsok.com</a>	800.581.0407	I need some help, but I'm not sure exactly what I need.	✓	✓	✓	✓	✓
New York Life – Guidance Resources/Comp Psyche	<a href="http://www.guidanceresources.com">www.guidanceresources.com</a>	800.344.9752	Use WebID NYLGBS – I need to talk with someone soon, and I'd like to see more about how to cope with my challenges.	✓	✓	✓		✓
OSHA	<a href="https://www.osha.gov/workplace-stress">https://www.osha.gov/workplace-stress</a>		I'd like to see information about coping with workplace stress, for example.			✓		✓
CDC – “How are you feeling these days?”	<a href="https://www.cdc.gov/howrightnow/">https://www.cdc.gov/howrightnow/</a>		What are some resources provided by the local, state or federal government that might help me?			✓		✓
Mental Health America	<a href="https://screening/mhanational.org/">https://screening/mhanational.org/</a>		I'd like more information and perhaps I'd like to take a quiz on depression, workplace stress, addiction or other mental health issues to try to pinpoint where to go for help.		✓	✓		✓
National Institute of Mental Health	<a href="https://www.nim.nih.gov/">https://www.nim.nih.gov/</a>	866.615.6464	I'm not sure what my symptoms mean.		✓	✓		✓
Disaster Distress Helpline	<a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a>	800.985.5990	Call or TEXT	✓	✓	✓		✓
National Domestic Violence Helpline	<a href="https://www.thehotline.org/?utm_source=google&amp;utm_medium=organic&amp;utm_campaign=domestic_violence">https://www.thehotline.org/?utm_source=google&amp;utm_medium=organic&amp;utm_campaign=domestic_violence</a>	800.799.7233	Text START to 88788	✓		✓		✓
National Child Abuse Hotline	<a href="https://childhelphotline.org/">https://childhelphotline.org/</a>	800.422.4453	Call or TEXT	✓		✓		✓
National Sexual Assault Hotline	<a href="https://www.rainn.org/">https://www.rainn.org/</a>	800.656.4673	I need support because of a sexual assault.	✓		✓		✓
Alcoholism and Drug Dependency Hope Line	<a href="https://ncadd.us/">https://ncadd.us/</a>	800.622.2255	I need guidance about addiction resources.	✓	✓	✓		✓