

Tulsa Help Sheet

Emergency: 911 · Crisis: call or text 988

Numbers checked Oct 26, 2026. Services change often. Call ahead before sending anyone.

Sources: Housing Solutions Tulsa · Tulsa County District Court

Scan for the full list

Tap-to-call numbers, website links,
and search.
tulsa-help.pages.dev



Call first

211 Eastern Oklahoma

Dial 2-1-1

24/7 referrals for food, housing, utilities, mental health. Call, text, or chat.

COPES crisis line (F&CS)

918-744-4800 · or 988

24/7 mental health and substance crisis line with mobile response anywhere in Tulsa County. COPES also answers 988 calls.

Food

Food Bank pantry finder

918-585-2800

Look up pantries, meal sites, and mobile distributions by ZIP. Emergency boxes at 1304 N Kenosha (call first).

SNAP application help

877-760-0114

Hunger Free Oklahoma hotline walks people through the application.

Double Up Oklahoma

SNAP spent on fruits & vegetables at participating stores and markets is matched. Everyone on SNAP qualifies.

Iron Gate

918-879-1702

Daily meals and grocery pantry. 501 W Archer St.

DHS SNAP office (Tulsa)

918-581-2401

Harm reduction

Tulsa Health Department

918-582-9355

Free harm reduction kits with naloxone. Testing & clinics.

Naloxone (Narcan)

Free at the Day Center vending machine. Over the counter at pharmacies.

Transportation

MetroLink reduced fare card

\$1 bus rides: seniors 62+, Medicare, disabilities. Apply at Denver Ave Station, 319 S Denver.

SoonerRide

877-404-4500

Free rides to medical & treatment visits for SoonerCare members. Call 3+ business days ahead.

Shelter & housing

Housing Solutions: Get Help

Full Tulsa shelter, drop-in, shower, and veteran list. Coordinated entry, the main route into housing programs.

Tulsa Day Center

918-583-5588

Drop-in, showers, clinic, case managers, shelter. Free naloxone vending machine. 415 W Archer St.

John 3:16 Mission

918-587-1186

Men's shelter at 506 N Cheyenne (918-587-1187). The Refuge, men & women, at 575 N 39th W Ave.

Salvation Army Center of Hope

918-582-7201

Shelter. 102 N Denver Ave.

DVIS

918-743-5763

Domestic violence shelter & 24-hour crisis line. Women.

Youth Services of Tulsa

918-582-0061

Shelter ages 12–17. The Station drop-in ages 16–24. 311 S Madison Ave.

Tulsa Housing Authority

918-582-0021

Public housing & vouchers.

Recovery & mental health

12 & 12 (GRAND Mental Health)

918-664-4224

Detox, residential, and outpatient addiction treatment. 6333 E Skelly Dr.

Women in Recovery (F&CS)

918-947-4200

Prison alternative for Tulsa County women facing drug-related sentences.

Human Skills & Resources

918-747-6377

Outpatient detox and MAT for opioids. 2140 S Harvard Ave.

Tulsa Center for Behavioral Health

918-293-2140

State mental health & addiction center. 2323 S Harvard Ave.

Mental Health Assn. OK / Denver House

918-585-1213

Housing, peer recovery, drop-in. 252 W 17th Pl.

Resonance

918-587-3888

Women's counseling, recovery, and reentry.

Women & families

DVIS

918-743-5763

24-hour domestic violence crisis line and emergency shelter for women and their children.

Family Safety Center

918-742-7480

Protective orders, advocates, police, and legal help for domestic violence, all in one place.

WIC (Tulsa Health Department)

918-582-9355

Food, formula, and nutrition help for pregnant women and kids under 5.

Emergency Infant Services

918-582-2469

Diapers, wipes, formula, and clothing for kids 5 and under.

CAP Tulsa

918-382-3200

Free early childhood education plus support for parents.

John 3:16 Family & Youth Center

918-592-1186

Tutoring, parenting classes, and a free grocery store (Mission Market). 2027 MLK Jr Blvd.

Restore Hope Ministries

918-582-5766

Rent help after a sudden loss of income, plus food pantries.

DHS child care assistance

888-962-2772

Help paying for day care.

Block Builderz

539-867-2510

Reentry housing for women. 1044 E Pine St.

Women in Recovery (prison alternative) **918-947-4200**

Resonance (women's recovery & reentry) **918-587-3888**

Still She Rises (legal defense, mothers) **918-392-0867**

Youth Services of Tulsa (ages 12–24) **918-582-0061**

IDs & documents

Service Oklahoma

State ID / REAL ID. Free ID for youth experiencing homelessness.

OSDH Vital Records

405-271-4040

Birth certificates. For help with ID or certificate fees, ask the Day Center or the person's shelter case manager.



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Court & legal

Tulsa County Court Cost Admin

918-596-5458

Fines & payment plans. Call before a missed payment becomes a warrant.

Legal Aid Services of OK

918-584-3338

Free civil legal help. Runs expungement clinics.

Justice Link (legal assistance) **918-954-1300**

Still She Rises (legal defense, mothers) **918-392-0867**

Probation & Parole (Tulsa) **918-581-2931**

Court's full resource list (2026)

Tulsa County District Court's 3-page directory: the source for many numbers here.

Reentry & jobs

CEO Tulsa

918-894-6561

Paid transitional jobs and CDL/IT training. Needs a probation or parole referral.

Goodwill Career Center

918-747-1334

Free job search & interview help at 1665 S Yale. Career Academy job training (918-584-7291). Free SNAP Employment & Training.

Reentry One-Stop / Oklahoma Works

918-938-6147 · 918-935-2092

Job search and reentry services.

Hispanic community · Comunidad hispana

Recursos para inmigrantes (City of Tulsa)

Spanish guide: immigration legal help, ESL, health care, schools.

Catholic Charities Immigration Legal

918-508-7180

Low-cost, DOJ-accredited, in Spanish. By appointment. ESL: 918-508-7102.

YWCA Immigrant & Refugee Program

918-663-0377

Low-cost legal help. ESL & citizenship classes: 539-302-0691.

Community Health Connection

918-622-0641

Bilingual clinic, sliding-scale fees. Medical, dental, OB, kids.

Hispanic Resource Center (Martin Library) **918-549-7597**

EIS El Centro (diapers & formula, any status) **918-582-2469**

TCC free ESL classes (Spanish line) **918-595-8382**

Avoid “notarios”

Use only licensed attorneys or DOJ-accredited reps.