

FREE HELP IN TULSA & BROKEN ARROW

Ambassadors Outreach · Anything not listed? Call 2-1-1 (24/7) · 918-836-4357

Can't find what you need? Call 2-1-1 — free, 24/7.

2-1-1 Eastern Oklahoma connects you to shelter, food, rent help & more · or call 918-836-4357 · text your ZIP code to 877-836-2111 · 211eok.org

SHELTER — A PLACE TO SLEEP TONIGHT

10 EMERGENCY SHELTERS — WALK IN

Salvation Army Center of Hope · 102 N Denver Ave · **918-582-7201** · men, women & families · check-in 4:30 pm daily · meals

John 3:16 Mission · 506 N Cheyenne Ave · **918-587-1187** · men · arrive by 5:45 pm · photo ID · sober · dinner for all

Tulsa Day Center · 415 W Archer St · **918-583-5588** · night beds for women & men 55+ · pet kennel

Tulsa County Emergency Shelter · 2401 Charles Page Blvd · **918-596-5591** · singles & families with children

Winter shelter (last year at BeHeard, 7216 E Admiral, Nov–Mar, pets OK) · **The Harbor** (new 24/7 low-barrier, planned Dec 2026)

Not sure where there's a bed tonight? Call **2-1-1**

10 DAY & DROP-IN CENTERS

Tulsa Day Center · 415 W Archer · open to all by day · showers, clinic, case managers

Denver House (Mental Health Assoc. OK) · drop-in · **918-382-2435**

The Merchant · 605 S Peoria · **918-260-6605** · no-barrier drop-in · **BeHeard** · 7216 E Admiral · **918-992-0212**

Northwest Tulsa Hub · 19 S 49th W Ave · **539-867-3692**

10 FAMILIES & YOUTH

Family Promise · 1616 N Gilcrease Museum Rd · **918-392-4959** · families with kids · 30–90 days

Youth Services of Tulsa shelter · 311 S Madison Ave · **918-582-0061** · ages 12–17 · 24/7

The Station (Youth Services) · drop-in ages 16–24 · M–F 11–4 · **918-582-0061**

Bethesda · girls 12–18 · **918-224-6349**

10 LONGER-STAY & TRANSITIONAL HOUSING

Tulsa County Transitional Living Center · 2401 Charles Page Blvd · **918-596-5583**

Salvation Army supportive housing · **918-582-7201** · **Mental Health Assoc. OK housing** · **918-585-1213**

Charles Page Village (women) · **918-245-6592** · **New Life Homes** (women) · **918-902-8435**

Community Action Project · **918-382-3200** · **Tulsa Housing Authority** · **918-582-0021**

10 RE-ENTRY & RECOVERY HOUSING

Just out of jail/prison: Exodus House **918-382-0905**

· Inside Out Re-entry **918-949-4664** · Wings of Freedom **918-584-8879**

Sober living: Oxford House **918-439-1027** · H.O.W. Foundation (men) · 5649 S Garnett · **918-252-5739** · Surayya Anne Foundation **918-282-2362** · Bridges **918-592-3333**

22 COLD WEATHER

Freezing tonight? Call **2-1-1** for warming stations, overflow beds & a ride · Danger signs (confused, numb, white skin): 911

Warm by day: Tulsa Day Center · Central Library · Never use fire or heaters inside a tent

11 SAFE SHELTER — TRAFFICKING & ABUSE

Addresses kept secret · call first · in danger call 911

DVIS 24/7 **918-743-5763** · 1-833-338-5763 · text SAFE to 207-777 · pets & kids welcome

The Spring 24/7 **918-245-4075** · women & children · **Under 18:** Youth Services **918-582-0061**

National Trafficking Hotline 24/7 **1-888-373-7888** · text 233733 · **Family Safety Center** · 600 Civic Center · **918-742-7480**

12 SAFE SHELTER — WITHIN 1 HOUR

Claremore Safenet **918-341-9400** · **Okmulgee County Safehouse** **1-877-295-5858** ·

Wagoner/Tahlequah Help In Crisis **1-800-300-5321**

Muskogee WISH **918-682-7878** · **Bartlesville Ray of Hope** **918-337-6177** · **Stillwater Wings of Hope** **405-624-3020**

Oklahoma SafeLine 24/7 **1-800-522-7233** (150 languages)

13 WOMEN, MOMS & FAMILIES

Madonna House (pregnant/infants) **918-508-7140** · **St. Elizabeth Lodge** (working single moms) **918-949-4673**

Lindsey House **918-933-5222** · **Family Promise** **918-392-4959** · **Pearl's Hope** (moms with DHS) circleofcare.org

Ready to quit drugs or alcohol? Ask us for a rehab bracelet — call the number on it and the H.O.W. Foundation will pick you up.

BROKEN ARROW

44 BROKEN ARROW — FOOD

Broken Arrow Neighbors · 315 W College Ave · **918-251-7781** · Mon–Wed 8–4 · Thu by appt · Fri 8–2 · client-choice food pantry · Broken Arrow & Coweta residents · bring ID, proof of address & income (no income limit) · kids need ID such as a birth certificate

Arms Around BA · 840 S Elm Pl · **918-258-7714** · Mon, Wed, Fri 10–3 & Mon 6–8 pm · groceries · Broken Arrow, Bixby & Coweta residents · ID & proof of address dated within 30 days

Free food boxes — take what you need, no questions, any time: green **Broken Arrow Blessing Box** downtown · off 1st St between College & Detroit (112 E College St) · **Bread of Life** box · 1100 N 5th St (side of church) · **St. Patrick's** box · 4250 W Houston St

GUTS Church · 9120 E Broken Arrow Expy · Fri 9:30–10:30

Broken Arrow Church of Christ pantry · 505 E Kenosha · **918-258-9602** · call for days & times

44 BROKEN ARROW — BILLS, RENT & BASIC NEEDS

Broken Arrow Neighbors · **918-251-7781** · limited rent & utility help · need a shut-off or eviction notice · once a year · by appointment · Jump Start job mentoring

Arms Around BA · **918-258-7714** · utility help, clothing, gas money, emergency lodging · free volunteer medical clinic one evening a week (call for the day)

Ministry of Compassion · 1012 E Fort Worth St · **918-994-1251** · limited help with overdue rent & utility shut-offs

44 BROKEN ARROW — SAFETY, SHELTER & STAYING CONNECTED

No homeless shelter in Broken Arrow — nearest are in Tulsa (see #10) or call **2-1-1**

Unsafe at home? Broken Arrow Police (non-emergency **918-259-8400**) & BA Neighbors can arrange a hotel stay · DVIS **918-743-5763** (24/7)

Broken Arrow Library · 300 W Broadway Ave · **918-549-7323** · Mon–Thu 10–8 · Fri 10–6 · Sat 10–5 · free Wi-Fi, computers & phone charging

FOOD

7 FOOD — NO ADDRESS NEEDED

Iron Gate · 501 W Archer · hot breakfast **every day 8:30–10:30** · pantry M/W/F 1–2:20 (register **918-879-1702** opt 5)

John 3:16 Mission · 506 N Cheyenne · dinner **every day**, doors 4:30, arrive by 5:45

Tulsa Dream Center (no address required listed) ·

North: 200 W 46th St N · Tue & Thu groceries 10 am, hot meals 11–1 · **West:** 4122 W 55th Pl · Thu meals 12–1 & 5:30–6, groceries 6 pm

Harvest House · 1439 E 71st · Wed groceries

918-884-7667 · **St. Mark's** · 10513 E Admiral Pl · Thu 10–noon

Night Light · 202 N Maybelle · Thu 6:30–9:30 pm · meals, food, dog food · **Burkett Care Center** · 1301 S Canton · last Sat 10–noon

Free food boxes — take what you need, no questions, any time: **Boston Avenue Church** blessing box · 1301 S Boston Ave · NW corner of north parking lot · **Select Auto Sales** box · 6305 E 11th St · **Christ Church Episcopal** pantry · 10901 S Yale Ave (corner of parking lot)

8 FOOD HELP FOR YOUR HOME

Bring photo ID + lease or utility bill · usually once a month

Restore Hope · 2960 Charles Page Blvd or 6910 S 101st E Ave · Mon–Thu 12:30–3:30

Catholic Charities · 2450 N Harvard · **918-508-7135** ·

John 3:16 Market · 2027 N MLK Jr Blvd ·

918-592-1186 · by appt

First Baptist Caring Center · 305 S Detroit ·

Mon–Thu 10–11:45 · **Loaves & Fishes** · 11321 E 19th · **918-234-8577**

GUTS Church · 9120 E Broken Arrow Expy · Fridays 9:30–10:30 · **Christ for Humanity** · 6413 E 13th ·

918-836-2424 · Kids under 5: Emergency Infant Services · 1110 S Denver

Need something today? Free food boxes are open to everyone — see #7

ID, PHONE, MAIL & GETTING AROUND

5 GET YOUR ID

Order: birth certificate → Social Security card → state ID

The Merchant · 605 S Peoria Ave · **918-260-6605** · call for hours · **Family & Children's outreach** ·

918-587-9471 · at Salvation Army, Iron Gate & library · Salvation Army guests: ask case manager

918-582-7201 · Families: Family Promise

918-392-4959 · Age 21 & under: free state ID

OK birth certificate: **877-817-7364** (\$20) · pick up at James O. Goodwin Health Center, 5051 S 129th E

Ave · **SS card (free): 1-800-772-1213**

38 KEEP YOUR THINGS & PAPERS SAFE

Tulsa has no public storage-locker program we could confirm · ask your shelter or day center if they hold belongings

Protect your papers: take phone photos of your ID, SS card, birth certificate & benefit letters · email them to yourself · ask your case manager to keep copies

Lost everything? Start over with card #5 (Get Your ID) · The Merchant **918-260-6605**

1 FREE CELL PHONE (Lifeline)

EASY Wireless · 6207 S Peoria Ave, Ste C ·

539-525-0785 · Mon–Fri 12–7 pm · no appointment

Assist Wireless · 11027 E 41st St, Ste D (near Reasor's, 41st & Garnett) · **918-622-4868** · Mon–Fri 9–6, Sat–Sun 10–5 · ask about Tribal Lifeline free phone

Bring: photo ID + proof of SNAP, SoonerCare, SSI, VA pension or housing aid · 1 per household

31 A MAILING ADDRESS

Benefits, IDs & job offers come by mail

BeHeard · 7216 E Admiral Pl · **918-992-0212** · mail service for guests

General Delivery: the U.S. Post Office holds mail at the main Tulsa post office for people without an address · ask at any post office

Ask your shelter or case manager if they accept mail for you

2 FREE BUS CODE: THEC25

1) Download the free **GoPass** app · 2) Make an account, choose Tulsa · 3) Tap Redeem / Promo Code, enter **THEC25** · 4) Activate the pass right before you board and show the driver · Help: metrolinkok.org or 2-1-1

3 RIDE FREE OR HALF PRICE

Ride free: ages 75+ with Super Senior ID (\$1, bring proof of age) · kids 4 & under with a paying adult · youth with a school or MetroLink student ID · LinkAssist (disability) card holders & their helper on regular routes

Veterans & active military: show military ID or veteran driver's license — free or half price

Half price — Reduced Fare ID (\$1): ages 62+ (proof of age + photo ID) · anyone with a **Medicare card** · people with a disability (doctor-signed form) · veterans
Get your ID at **Denver Avenue Station** · 319 S Denver Ave · M–F 8–5 (closed 12–1) · **918-982-6882**
Half-price fares: \$1 for 3 hrs · \$2 day · \$10 for 7 days · \$25 for 31 days

3 FREE BUS TOKENS & PASSES

Tulsa Day Center · 415 W Archer · **918-583-5588** · ask a case manager (for work)

Harvest House · 1439 E 71st St · **918-884-7667** ·

Wed by appointment · for job interviews & doctor visits

Veterans: VA homeless program · **877-424-3838** or walk in at 10159 E 11th St

Free code THEC25 in the GoPass app (see #2)

Have a case manager anywhere? **Ask them** — many programs keep passes for clients

3 FREE RIDES TO THE DOCTOR

SoonerRide (SoonerCare members) · **877-404-4500** · Mon–Sat 7 am–6 pm · call ahead

Cherokee Nation Claremore Health Center patients · transportation services · **918-342-6200**

3 BUYING A PASS

Regular fares: \$2 for 3 hours · \$4 day pass · \$20 for 7 days (GoPass app) · \$50 for 31 days

Buy on the bus (tell the driver first) · participating

QuikTrip stores · GoPass app · **Denver Avenue**

Station (4th & Denver) or **Memorial Midtown Station** (7952 E 33rd St), M–F 8–5

In extreme cold, buses are often free

HEALTH CARE

4 FREE MEDICAL & DENTAL

Tulsa Day Center Clinic · 415 W Archer St ·

918-583-5588 · Mon–Fri 8–4 (lunch 12–1) · all who sign up are seen

OU Bedlam Evening Clinic · 1111 S St. Louis Ave · **918-619-4400** · Tue & Thu, arrive by 4:30 pm · appt · uninsured only

Good Samaritan Mobile Clinics · **918-710-4222** · 13 sites · free visits & medicine · arrive 2 hrs early

Neighbors Along the Line · 500 Charles Page Blvd · **918-584-1111** · uninsured only

Islamic Center Clinic · near 51st & Sheridan · Sundays 1–4 pm · open to all

Dental: Catholic Charities · 2450 N Harvard · extractions: call **918-508-7191** Tue 9–noon · \$10, no one turned away · Neighbor for Neighbor · 505 E 36th St N · **918-425-5578** · Mon–Thu 9–3

Have SoonerCare? Morton Health **918-587-2171**

41 LEAVING THE HOSPITAL WITH NOWHERE TO GO

Before you leave, ask for the hospital social worker or case manager · tell them you're homeless · ask for your prescriptions filled, medical equipment, a ride & a follow-up appointment

Shelter while you heal: Tulsa Day Center (night beds for women & men 55+, free clinic) · 415 W Archer · **918-583-5588** · Salvation Army **918-582-7201** · Tulsa County TLC **918-596-5591**

Free medicine: Tulsa County Pharmacy · 2401 Charles Page Blvd · **918-596-5560**

Free wheelchairs & walkers: Ability Resources · **918-592-1235** · Not sure where to go? Call **2-1-1**

29 FREE & LOW-COST PRESCRIPTIONS

Tulsa County Social Services Pharmacy · 2401 Charles Page Blvd · **918-596-5560** · free or low-cost meds for low-income residents & SNAP members
Good Samaritan Mobile Clinics · **918-710-4222** · free visits & medicine

Tribal members: Indian Health Care Resource Center pharmacy · **918-588-1900**

30 EYE EXAMS & GLASSES

Neighbor for Neighbor · 505 E 36th St N · **918-425-5578** · eye exams & glasses for adults and kids

Morton Health · **918-295-9360** · eye care & glasses on a sliding fee · SoonerCare accepted

Tribal members: Indian Health Care Resource Center · **918-588-1900**

34 HEALTH TESTING & HARM REDUCTION

HOPE Clinic · 3354 E 51st St · **918-749-8378** · free rapid HIV test · free or low-cost hepatitis C & STI testing and treatment · free harm reduction supplies · Mon & Thu 10–7 by appt

Tulsa Health Department · **918-582-9355** · STI testing, shots, WIC

Free Narcan: Iron Gate · state I'm Ready program mails free naloxone & test strips

35 PREGNANT OR NEW BABY

Pregnant? SoonerCare covers prenatal care · mysooner.org · **1-800-987-7767**

WIC (food & formula, pregnancy to age 5) · Tulsa Health Department · **918-582-9355**

Emergency Infant Services · 1110 S Denver Ave · diapers, wipes, formula, clothes for kids under 5

Birthright of Tulsa · 6600 S Yale Ave, Ste 1307 · **918-481-4884** · free pregnancy tests, diapers, maternity & baby clothes

Madonna House (pregnant women needing housing) · **918-508-7140**

MENTAL HEALTH & DISABILITY

21 MENTAL HEALTH & ADDICTION

COPEs 24/7 **918-744-4800** · team comes to you · **988** call/text · danger: 911, ask for CIT officer

GRAND Urgent Recovery Center · 6333 E Skelly Dr · walk in 24/7 · detox · **1-800-722-3611**

H.O.W. Foundation (men) · 5649 S Garnett Rd · **918-252-5739** · free 6-month recovery

Counseling: Family & Children's **918-587-9471** ·

CREOKS **918-382-7300** · Free Narcan at Iron Gate

21 MENTAL HEALTH CRISIS — HELP 24/7

COPEs · **918-744-4800** or call/text **988** · free · kids & adults · a team can come to you

CrisisCare Center · 1055 S Houston Ave ·

918-921-3200 · open 24/7 · adults 18+ · free screening & short stays to stabilize

GRAND Urgent Recovery Center · 6333 E Skelly Dr · walk in 24/7

In danger: **911** — ask for a CIT officer

21 WALK-IN COUNSELING & CASE MANAGEMENT

Family & Children's Services — Graves Center · 2325 S Harvard Ave · **918-712-4301** · walk-ins M–F 8–3

Family & Children's — Sheridan office · 2029 S Sheridan Rd · **918-587-9471** · same-day help M–F 8–5

Mental Health Assoc. OK · 1870 S Boulder Ave · **918-585-1213** · case management & housing

CREOKS · **918-382-7300** · **Crossroads Clubhouse** · 3500 S Peoria · **918-749-2150** · support, jobs & housing in recovery

33 DISABILITY BENEFITS (SSI / SSDI)

Apply with Social Security · **1-800-772-1213** · most first applications are denied — **get help & appeal**

Mental illness? Mental Health Assoc. OK case management · 1870 S Boulder Ave · **918-585-1213**

Denied or need a lawyer? Legal Aid **918-584-3338** · Disability Law Center **918-743-6220**

Crossroads Clubhouse · 3500 S Peoria ·

918-749-2150 · support, jobs & housing for people in mental health recovery

39 DISABILITY HELP & EQUIPMENT

Ability Resources · 110 W 7th St, Ste 200 ·

918-592-1235 · run by & for people with disabilities · peer counseling, advocacy, donated wheelchairs & medical equipment, in-home care help

Oklahoma Rehabilitation Services (vocational rehab) · 907 S Detroit Ave, Ste 505 · **918-836-5556** · free job training & job placement

Oklahoma Disability Law Center · **918-743-6220**

39 DOOR-TO-DOOR RIDES (LINKASSIST)

For people whose disability keeps them from riding the regular bus (age 5+) · apply at metrolinkok.org · a doctor signs a form · answer in about 21 days
918-982-6882 · \$4 a ride · veterans & personal care attendants ride free · M–Sat 5 am–8 pm

40 DEAF OR HARD OF HEARING

State Services for the Deaf & Hard of Hearing · 8740 E 11th St, Ste F · videophone **918-894-6554** · office **918-836-5556** · job help, interpreters, hearing aid help

TSHA · 8740 E 11th St, Ste A · **918-832-8742** · free 24/7 emergency ASL interpreters, advocacy, sign classes

Free or low-cost captioned phones, flashing doorbells, weather radios: OK-TEDP · **1-866-309-1717**

Call any hearing person through a relay operator: dial **711**

40 BLIND OR LOW VISION

State Services for the Blind & Visually Impaired · 907 S Detroit Ave, Ste 500 · **918-551-4900** · job training & daily living skills

Free talking books + player mailed to you · Oklahoma Library for the Blind · **1-800-523-0288**
Free eye exams & glasses: see #30

SHOWERS, CLOTHES & STAYING CONNECTED

6 SHOWERS · LAUNDRY · HAIRCUTS · JOB HELP

BeHeard Movement · 7216 E Admiral Pl · **918-992-0212** · showers, laundry, haircuts, clothes, phone charging, mail · call for days, come early · ask about ride from downtown

Tulsa Day Center · 415 W Archer · showers & clothing room daily

Compassion Ministries · 2821 W 40th St · Sat 9–noon · showers, food, clothes

Resumes & interviews: Goodwill Career Center · 1665 S Yale Ave · **918-747-1334** · Mon–Fri 8:30–5

23 CLOTHES · HYGIENE · SUMMER HEAT

Free clothes: Day Center clothing room · Night Light Thu 7–9 pm · Compassion Ministries Sat 9–noon · First Baptist Caring Center **918-594-5012** · Harvest House Wed

Hot weather: Salvation Army cooling station · 102 N Denver · daytime

19 LIBRARY · INTERNET · CHARGING

Central Library · 400 Civic Center (5th & Denver) · **918-549-7323** · M–Th 9–9, F 9–6, Sat 9–5, Sun 1–5
Free Wi-Fi at all 24 libraries, even outside 9 am–9 pm · computers, laptops, \$3 free printing/month with library card

Phone charging: BeHeard · warming stations

JOBS, SCHOOL, INCOME & BENEFITS

14 WORK & JOB TRAINING

A Better Way · **918-518-1134** · paid day work, lunch, case manager · **BeHeard job program** **918-992-0212**

Tulsa Community WorkAdvance · 907 S Detroit Ave, Ste 210 · **918-442-2200** · free training & job placement · NextUp ages 18–24

Goodwill Career Center · 1665 S Yale ·

918-747-1334 · **Oklahoma Works** **918-796-1200** ·

Just out of prison: CEO Tulsa (ask parole officer)

14 RE-ENTRY JOBS (AFTER JAIL OR PRISON)

Center for Employment Opportunities (CEO) · paid crew work & job coaching · referral from probation/parole

Tulsa Reentry One-Stop (Community Service Council) · **918-585-5551** · jobs, ID, housing help after prison

Women: Resonance Center for Women & Take 2 Café (paid transitional work, downtown 3rd & Main)

Exodus House · 6-month housing for men & women leaving DOC · **918-382-0905**

15 DAY LABOR — WORK THIS WEEK

Labor Finders · 1241 S Peoria Ave · **918-583-5200** · 6 am–6 pm · walk in

PeopleReady · 902 S Boulder Ave · **918-295-0224** · M–F 7–5, Sat 7–11 · JobStack app

Bring photo ID + SS card or birth certificate · No ID? The Merchant **918-260-6605**

36 GED & ADULT EDUCATION — FREE

Family & Children's Services Adult Education · **918-949-4100** · free GED & HiSET prep and testing help, reading & math, career readiness · ages 16+ · you don't need to be an FCS client

Tulsa City-County Library · **918-549-7323** · ask about free online high school diploma (ages 25+, library card) & computer classes

Goodwill Career Center · 1665 S Yale · **918-747-1334** · job skills & digital training

37 CHILDCARE SO YOU CAN WORK

Childcare help (subsidy): Oklahoma Human Services · apply at okdhslive.org · **405-522-5050** · Tulsa office **918-581-2401**

Children experiencing homelessness still qualify — tell them you are unhoused

Free Head Start / early childhood: CAP Tulsa · **918-382-3200**

Families in shelter: ask Family Promise **918-392-4959** or your case manager

DVIS offers free childcare for abuse survivors · **918-743-5763**

24 BENEFITS & HOUSING

SNAP: okdhslive.org · 405-522-5050 · Tulsa office 918-581-2401 · ages 18–64 without kids may need 80 hrs/month work or training · Native Americans exempt
SoonerCare: mysoonerCare.org · 1-800-987-7767 ·
Medicare/SSI: Social Security 1-800-772-1213
Permanent housing: ask any shelter or outreach worker for a **Housing Assessment**, or call 2-1-1 ·
Veterans: 877-424-3838

42 FREE TAX FILING (VITA)

Free if you earned **\$67,000 or less**, have a disability, are 60+, or need language help · even with little income you may be owed a refund or the Earned Income Tax Credit

Tulsa Responds · 5 locations · book at tulsaresponds.org/taxes · **Goodwill Tulsa** · goodwilltulsa.org/freetaxprep · **CAP Tulsa** · 918-382-3200

Usually late January–April 15 · bring photo ID, Social Security cards for everyone on the return, W-2s or 1099s

HOUSING, RENT & BILLS

20 STAY HOUSED — RENT & EVICTION

Restore Hope rent line 918-922-8282 · Mon–Thu 9–noon · Tulsa County

Eviction Help Hub at Iron Gate · 501 W Archer · Mon–Thu 1–4:30 · **GO TO YOUR COURT HEARING**

Legal Aid 918-584-3338 · ZIPs 74105, 74133, 74135, 74136, 74145: Right to Counsel 918-984-4636 ·
Section 8: myportal.tulsaHousing.org

20 MORE RENT HELP

Restore Hope main office · 2960 Charles Page Blvd · 918-582-5766

Salvation Army Center of Hope · 918-582-7201 ·

Catholic Charities · 918-949-4673

Helping Hand Ministry · 918-582-1356 · **South**

Tulsa Community House · 918-742-5597

Broken Arrow: Broken Arrow Neighbors · 918-251-7781 · **Sand Springs:** Community Services · 114 W 4th St · 918-245-5183

Cherokee citizens: 918-453-5422 · **Muscogee citizens:** 918-549-2880 · **Veterans:** 877-424-3838

25 UTILITIES & BILLS

Shutoff notice? Salvation Army utility help 918-587-7801 · M–F 8–5 · bring ID, bills, proof of hardship

PSO 833-776-7697 · **Oklahoma Natural Gas:** ask about Share the Warmth · City water: 311

LIHEAP heating/cooling help: okdhslive.org · apply the first day it opens

25 MORE BILL HELP

Helping Hand Ministry · 918-582-1356 · **Harvest House** · 1439 E 71st · 918-884-7667

Catholic Charities · 918-949-4673 · **South Tulsa Community House** · 918-742-5597

Broken Arrow Neighbors · 918-251-7781 · **Sand Springs Community Services** · 918-245-5183

Tribal citizens: Muscogee heating & cooling help 918-549-2880 · Cherokee Human Services 918-453-5422

Phone bill: free Lifeline phone service (see #1)

9 FURNITURE (NEWLY HOUSED)

John 3:16 Mission Goods · 575 N 39th W Ave ·

918-587-1186 · by appt · bring ID + lease · bring a ride

Sharehouse Tulsa · 3726 E Admiral PI ·

918-815-3016 · \$75 fee (ask case manager to cover) · 9 am–noon

Tulsa CAN Furniture to Families · tulsacan.org · church volunteers deliver

9 MORE FURNITURE & MOVE-IN HELP

Got housed through a program? Ask your case manager — the Day Center, Salvation Army & Housing Solutions can refer you to Sharehouse and may cover the fee

Veterans: VA homeless program can help with move-in needs · 877-424-3838

Dishes, bedding & household items: John 3:16 Mission Goods · 918-587-1186 · Tulsa CAN Furniture to Families gift certificates · tulsacan.org

FAMILY & HOME HELP

45 LOST YOUR JOB

File for unemployment online at unemployment.state.ok.us · Oklahoma Employment Security Commission · 405-557-0200 · file the first week you're out of work

Help filing or finding a new job: Oklahoma Works American Job Center · 918-796-1200

More job help: see #14 & #15 · lower your bills while you look: see #20 & #25

46 CAR TROUBLE & GAS

Gas money (Broken Arrow, Bixby, Coweta): Arms Around BA · 840 S Elm PI · 918-258-7714

Single moms: The Hub Garage works with Christian Brothers Automotive (Tulsa Hills) to cover repairs · a church or nonprofit must make the referral — ask your local church

No car? Rides to the doctor: SoonerRide · 877-404-4500 (see #3)

47 HOME REPAIRS & SAFETY (HOMEOWNERS)

Broken Arrow, 62+: City Senior Home Repair Program · grants up to \$3,000 for handrails, small roof, plumbing & electrical repairs · **918-259-2400**
Free smoke detector delivered (Broken Arrow) · BA Fire · **918-259-8360**

Tulsa city limits only: Revitalize T-Town · free roofs, insulation, grab bars, handrails, ramps · low income, owned 5+ years · **918-742-6241** ext. 202

City of Tulsa Emergency Repair Grants · up to \$7,500 · **918-576-5552**

48 DEBT & MONEY STRESS

Free money coaching (Tulsa residents): Tulsa Financial Empowerment Center (Goodwill) · **918-802-7279** · debt, collectors, credit, budgeting, getting out of payday loans

Free credit & debt counseling: American Consumer Credit Counseling · 6666 S Sheridan Rd · **877-440-1773**

Medical bills: ask the hospital for its **financial assistance (charity care) application** — nonprofit hospitals must have one
Free tax filing: see #42

49 HOLIDAY HELP (CALL IN OCTOBER)

Broken Arrow Neighbors holiday program (families with kids 15 & under) · **918-251-7781**

Salvation Army Angel Tree (Tulsa) · **918-582-7201** · sign-ups usually Oct–Nov

Toys for Tots (Broken Arrow):
broken-arrow-ok.toysfortots.org · **Child of someone in prison:** Prison Fellowship Angel Tree · angeltree.org

Thanksgiving: Restore Hope baskets (Tulsa County, early Nov) · **918-582-5766** · Loaves & Fishes turkeys · **918-234-8577**

Dates change every year — call ahead

50 GRIEF & FAMILY STRUGGLES

GriefShare (Broken Arrow): Arrow Heights Baptist Church · 3201 S Elm Pl · Tuesdays 6–8 pm through Dec 8 · more groups at griefshare.org

Low-cost counseling for families, couples & kids: Family & Children's Services · **918-587-9471**

Parenting & divorce classes: fcsok.org/classes
In crisis: COPES **918-744-4800** or **988**

51 A FAMILY MEMBER'S ADDICTION

Al-Anon (families of people who drink) · 23 Tulsa meetings · near BA: Strength & Hope, Mon 6:30 pm, 2720 S 129th E Ave · Going to Any Lengths, Mon 7:30 pm, 9515 E 51st St

Alateen (teens): Courage to Change · Mon 6:30 pm · 8707 E 51st St · **Nar-Anon** (families of people who use drugs): nar-anon.org

Celebrate Recovery (Christian): Asbury UMC, Mon 7 pm, 6767 S Mingo · Believers Church, Tue 6 pm, 4705 S Memorial

Ready for treatment? See #21 & the rehab bracelet

52 KIDS & SCHOOL

Broken Arrow students without stable housing (incl. staying with friends/family or in a motel): free supplies, clothes, meals, rides to school & birth certificate help · Valeri Radford · **918-259-7497**

Diapers, formula, car seats (kids under 5): Emergency Infant Services · 1110 S Denver

Teen in crisis: COPES for Kids **918-744-4800** · Youth Services of Tulsa **918-582-0061**

53 CARING FOR AN AGING PARENT

Caregiver support & respite (a break for caregivers): INCOG Area Agency on Aging · **918-579-9477**

Memory loss & dementia: Alzheimer's Association 24/7 Helpline · **1-800-272-3900**

One call for senior help: LIFE SeniorLine · **918-664-9000** · **In-home care help:** Ability Resources · **918-592-1235**

More: see #32 Seniors

54 STORMS, FIRES & DISASTERS

House fire or disaster: American Red Cross · **1-800-733-2767** (1-800-RED-CROSS) · emergency lodging, food, clothing & recovery help

After a declared disaster: FEMA · **1-800-621-3362** · disasterassistance.gov

Broken Arrow: sign up for free CodeRED emergency alerts · free smoke detector **918-259-8360**

Starting over: BA Neighbors restart program (household basics) · **918-251-7781**

FREE LEGAL HELP

16 CLEAR WARRANTS, TICKETS & FINES

Special Services Docket — for people facing homelessness, mental illness or addiction with low-level city charges · 6-month program with a case manager instead of jail or fines · charges can be dismissed & fines suspended

Ask Mental Health Assoc. OK · **918-585-1213** · M–F 8:30–5 · **Tulsa Municipal Court** · Thursday Night Court 4, 5 & 6 pm

Public Defender (criminal cases) · **918-596-5530**

16 CLEAR AN OLD RECORD (EXPUNGEMENT)

An old record can block a job or apartment — **many records can be cleared**

Automatic (Clean Slate law, started 2025): arrests with no conviction & some misdemeanors 5 years after the case ended with no new charges

Felonies must apply: one nonviolent felony after 5 years · two after 10 years

Free help: Legal Aid **918-584-3338** (also a free clinic for women in recovery) · Still She Rises (mothers)

918-392-0867 · Tulsa Expungement Expo — free each fall, volunteer lawyers on the spot (last one Nov 1, 2025) · call **2-1-1** for this year's date

Court record: free · OSBI arrest record: \$150 · OSBI expungement line **405-879-2641**

16 FREE LAWYERS & LEGAL CLINICS

Legal Aid Services of Oklahoma · 907 S Detroit Ave, Ste 725 · **918-584-3338** · 1-800-299-3338 · evictions, benefits denials, custody, debt, protective orders

Right to Counsel (renters in 74105, 74133, 74135, 74136, 74145) · **918-984-4636**

Neighbor for Neighbor Legal Clinic · 1506 E 46th St N · **918-425-5595** · simple civil matters, any income

Still She Rises (mothers in criminal or child welfare cases) · **918-392-0867**

Disability Law Center · **918-743-6220** · **Tulsa County Bar lawyer referral** · **918-584-5243**

16 PROTECTIVE ORDERS & IMMIGRATION

Family Safety Center · 600 Civic Center · **918-742-7480** · protective orders, police reports, legal help

Immigration: Catholic Charities **918-949-4673** · TU Immigrant Rights Project **918-631-5799** · Tulsa Dream Center **918-430-9984**

16 GUARDIANSHIP — CHILDREN & ADULTS

Raising a relative's child? Circle of Care Kinship Navigation (Tulsa County grandparents, aunts, uncles) · circleofcare.org · a navigator helps with money, food, furniture & clothes

Tulsa Lawyers for Children · **918-425-5858** · free lawyers for kids in DHS custody

Adult with mental illness or disability? Before guardianship, ask about power of attorney, advance directive, representative payee · Mental Health Assoc. OK · **918-585-1213** · Disability Law Center · **918-743-6220**

Free help & forms: Legal Aid · **918-584-3338** · oklaw.org guides · OK Bar Adult Guardianship Handbook (okbar.org) · court fees apply; adult cases need an OSBI background check

16 DIVORCE, CUSTODY & CHILD SUPPORT

Legal Aid Services of Oklahoma · **918-584-3338** · 1-800-299-3338 · free divorce & custody help if low income — priority for abuse victims

Family Safety Center (abuse) · 600 Civic Center · **918-742-7480** · protective orders that can include temporary custody

Still She Rises (mothers) · **918-392-0867** · **Neighbor for Neighbor Legal Clinic** · **918-425-5595**

Early Settlement Mediation · 2315 Charles Page Blvd · M–F 8–5 · \$5 (free if case already filed) · work out custody without a trial

Free court forms (also in Spanish) · Tulsa County Courthouse, 500 S Denver · **918-596-5000** · tulsacountydistrictcourt.org · oklaw.org

Child support: apply free with OKDHS Child Support Services · okdhs.org

VETERANS

17 VETERANS — HOUSING, HEALTH & MORE

Homeless or about to be? Call first: National Call Center for Homeless Veterans 24/7 **877-424-3838** — connects you to the Tulsa VA homeless team

VA homeless program helps with: shelter & transitional housing · HUD-VASH housing vouchers · rent/deposit help to stop homelessness · job training & paid work therapy · help after jail · addiction & mental health care · health & dental · **bus tokens** for jobs & doctor visits

Ernest Childers VA Clinic · 8921 S Mingo Rd · **918-252-8000** · **Tulsa Vet Center** (free counseling) · 14002 E 21st St, Ste 200 · **918-252-8888**

Crisis: 988, press 1 · text 838255 · **Ride MetroLink free or half price** with military ID or veteran license
Other-than-honorable discharge? **Still call** — many programs can help

17 WALK IN FOR HOMELESS VETERAN HELP

Tulsa Eleventh Street VA Clinic · 10159 E 11th St (Guaranty Building) · M–F 7 am–6 pm

No appointment or referral needed for homeless veteran care, mental health, addiction, PTSD & military sexual trauma care · same-day help, even if not enrolled in VA health care

Care coordinators help with shelter, housing, jobs, re-entry from jail & money to prevent homelessness

17 RENT, DEPOSITS & KEEPING HOUSING (SSVF)

Oklahoma Veterans United (Community Service Council) · 115 W 3rd St, Ste 600 · **918-600-1406** · 918-588-8401

For veterans who are homeless or facing eviction within 30 days · any discharge except dishonorable · income limits apply

Case management, temporary financial help, help with landlords, VA benefits & legal help

17 VA CLAIMS, BENEFITS & LEGAL

Bring your DD-214 (lost it? the VA can help you request a copy)

Free help filing VA claims: Disabled American Veterans · 3131 E Pine St · **918-834-4643** · American Legion Post 1 · 1120 E 8th St · **918-584-4274** · VFW Post 577 · 1109 E 6th St · **918-585-9148**

National Association for Black Veterans · TCC Northeast Campus, 3727 E Apache · **918-595-3418**

Facing charges? Ask your lawyer or the Public Defender (**918-596-5530**) about **Tulsa County**

Veterans Treatment Court — treatment instead of jail

SENIORS 55+

32 SENIOR HELP LINES & CASE MANAGEMENT

LIFE Senior Services SeniorLine · **918-664-9000** · toll-free 866-664-9009 · M–F 8–5 · one call for senior help: case management, caregiver support, behavioral health, tax help · 5950 E 31st St

INCOG Area Agency on Aging · **918-579-9477** · senior meal sites, in-home help, long-term care ombudsman

32 MEDICARE & BENEFITS FOR SENIORS

Free Medicare help: LIFE Medicare Assistance Program · **918-664-9000** · choosing plans, extra help paying for prescriptions

1-800-MEDICARE · **Social Security & SSI** · **1-800-772-1213**

Low-income seniors may also qualify for SoonerCare, SNAP & heating help

32 MEALS FOR SENIORS

Meals on Wheels of Metro Tulsa · 5151 E 51st St · **918-627-4105** · M–F 8–4 · home-delivered meals for homebound seniors · PAWS program helps seniors' pets

Senior meal sites (lunch with others): INCOG **918-579-9477** · **Muscogee citizens 55+** · **918-549-2426**

Daily free meals for anyone: Iron Gate breakfast · John 3:16 dinner

32 SENIOR CENTERS & ADULT DAY CARE

LIFE Roma Berry Center for Seniors · 4821 S 72nd E Ave · **918-664-9000** · active senior center, adult day health, LIFE PACE (all-in-one medical care)

LIFE Adult Day Health – North · 902 E Pine St · **918-664-9000**

32 SHELTER, RIDES & SAFETY FOR SENIORS

Tulsa Day Center · 415 W Archer · **918-583-5588** · night beds for men 55+ & women

Ride MetroLink **free at 75+** with Super Senior ID · **half fare at 62+** · 4th & Denver · **918-982-6882**

Senior housing: Tulsa Housing Authority **918-582-0021** · LIFE Vintage Housing **918-664-9000**

Elder abuse, neglect or scams: Adult Protective Services · **1-800-522-3511** · danger: 911

NATIVE AMERICAN SERVICES

28 NATIVE AMERICAN HEALTH CARE

No insurance needed · bring your tribal card (CDIB or citizenship card)

Indian Health Care Resource Center · 550 S Peoria Ave, Tulsa · **918-588-1900** · for members of **any** federally recognized tribe · medical, dental, eye care, pharmacy, counseling

Cherokee Nation Claremore Health Center · 101 S Moore Ave, Claremore · **918-342-6200** · any federally recognized tribe · **ER open 24/7** · clinic M–F 7–5:30 · dental, eye, pharmacy, behavioral health, addiction treatment (MAT), transportation

Muscogee Nation Sapulpa Indian Health Center · 1125 E Cleveland, Sapulpa · **918-224-9310** · M–F 8–5 · any federally recognized tribe · medical, dental, pharmacy, behavioral health

Osage Nation Wahzhazhe Health Center (Pawhuska) · **918-287-9300**

Pregnant with a future tribal citizen? You may qualify for tribal prenatal care

28 CHEROKEE NATION CITIZENS

Human Services · **918-453-5422** ·

human_services@cherokee.org

Emergency Housing Assistance: one-time rent or mortgage help · priority for people in shelters, on the street or in cars, elders & disaster victims

Emergency Assistance: urgent help within 24–48 hours to prevent hunger, losing shelter or losing a job

28 MUSCOGEE (CREEK) NATION CITIZENS

Community & Human Services · **918-549-2503** · toll-free **1-800-482-1979**

Social Services (hardship help, heating & cooling bills) · **918-549-2880**

Re-entry program for adults & youth leaving jail or prison · ask Human Services

Elder meals (55+) · **918-549-2426** · **WIC** · **918-549-2790**

28 OTHER TRIBES & TIPS

Osage Nation citizens: ask the Wahzhazhe Health Center **918-287-9300** for social services
Any tribe: call your nation's human or social services office — many offer rent, utility, food & re-entry help
Lost your tribal card? Your tribe's registration office can replace it — it also helps prove ID
Native Americans are **exempt** from the new SNAP work rules

PETS

18 PETS

Feeding the Pets of Tulsa's Homeless · under bridge, 202 N Maybelle · Thu 7–9 pm · food, collars, coats, vaccine clinic

Oklahoma Alliance for Animals · near 71st & Sheridan · Thu 10–4 · free pet food

Day Center kennel (up to 10 pets) **918-583-5588** · **DVIS** kennel · **Pause4Paws** foster during treatment

18 MORE PET FOOD & VET CARE

Tulsa SPCA Pet Pantry · tulsaspcapet.org · for people with a Tulsa address · once a month · daily except Wed 10–12 & 2–4 · apply online first

Humane Society of Tulsa · adoption center near 6th & Sheridan · holds free pet food & free vaccine events · watch facebook.com/TulsaHumane

Low-cost pop-up clinics (\$15 shots, \$30 spay/neuter in past events) · Tulsa Animal Services, Humane Society & SPCA · call **311** or check Humane Society Facebook

Oklahoma Alliance for Animals also holds free vaccine days in north Tulsa

18 KEEP YOUR PET WHILE YOU GET HELP

Tulsa Day Center kennel (up to 10 pets, free shots with pet agreement) · **918-583-5588**

Winter shelter was pet-friendly last year · **The Harbor** (planned Dec 2026) will have a 38-dog kennel
DVIS abuse shelter kennel · **918-743-5763** ·

Pause4Paws foster care while you're in the hospital or treatment (ask a case manager)

Seniors: Meals on Wheels PAWS program · **918-627-4105**

Lost pet or found a stray? Tulsa Animal Services · call **311**

BURIAL & FUNERAL HELP

43 BURIAL & FUNERAL HELP

Tulsa County Cremation & Burial Assistance (families with no way to pay) · a funeral home on the county list applies for you · to find one, call the Medical Examiner **918-295-3400** or ask the hospital · questions **918-596-5560**

Looking for a friend who may have died? Medical Examiner · **918-295-3400**

Veterans: free burial in a national cemetery ·

1-800-535-1117 · **Tribal members:** many tribes help pay — call your tribe's social services

Social Security pays a one-time \$255 to a surviving spouse or child · **1-800-772-1213**

Can't find what you need? Call 2-1-1 — free, 24/7.

2-1-1 Eastern Oklahoma connects you to shelter, food, rent help & more · or call 918-836-4357 · text your ZIP code to 877-836-2111 · 211eok.org