

GRANDPARENTS RAISING GRANDCHILDREN

# Mental Health Resources

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**OKLAHOMA**  
State Department  
of Health



## Grandparents Raising Grandchildren (GRG) Support Group

Empowers grandparents like you by offering support groups and other assistance/resources.

(405) 605-7090 | [Sunbeamfamilyservices.org/grg](https://Sunbeamfamilyservices.org/grg)



# Oklahoma Warmline

Offers free telephone consultations to guardians on different topics of concern.

1-888-574-5437

[Okwarmline.org/parent-resources](http://Okwarmline.org/parent-resources)



# OSDH Grandparents Raising Grandchildren

Mental Health, Nutrition, Respite Care and Education on Bullying

[Oklahoma.gov/health/grandparenttoolkit](http://Oklahoma.gov/health/grandparenttoolkit)



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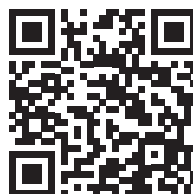


## Up and Away

Safety education on storing medications and other household items.

[Upandaway.org/en/resources](https://Upandaway.org/en/resources)

Put your medicines  
**up** **AND** away  
and out of sight



## 211 Oklahoma

24/7 free service across 77 counties for urgent and non-emergency situations.

Looking for help with bills, rent, food or even diapers? 211 is your connection to over 15,000 available resources in the state of Oklahoma.

Dial 211 | [211oklahoma.org](https://211oklahoma.org)



# Mental Health Crisis

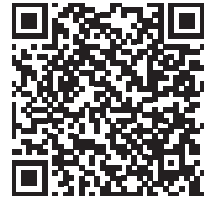
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Can assist young individuals facing behavioral, emotional, physical, or social challenges, whether at home or school.

**Call 1-833-885-2273 for help within 24 hours.**

<https://heartline.ok.networkofcare.org/211/content.aspx?cid=14266>



Call the Suicide and Crisis Helpline.

**Dial or text 988**

## ARTICLES TO READ

### **United States 2021 Census on Grandparents Living with Grandchildren**

[www2.census.gov/library/publications/2024/demo/p20-588.pdf](http://www2.census.gov/library/publications/2024/demo/p20-588.pdf)



### **CDC 2023 Data on Children's Mental Health**

[www.cdc.gov/children-mental-health/data-research](http://www.cdc.gov/children-mental-health/data-research)







**NEED ADDITIONAL SUPPORT?  
CONTACT US**

**Oklahoma State Department of Health  
Maternal and Child Health Service**

MCH@health.ok.gov  
(405) 426 - 8113

123 Robert S. Kerr Ave.  
Oklahoma City, OK



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