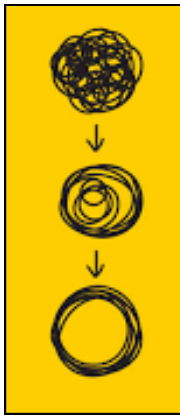


4 RESOURCES WHEN YOU'RE IN A TIGHT SPOT

1

CALL/TEXT 988

Call/Text 988 to immediately to connect with a crisis specialist who can get you or your loved one the support and resources you need. You don't have to do it alone.



2

VISIT THE CRISIS STABILIZATION UNIT, SHAWNEE

The CSU can provide immediate assessment and stabilization for adults experiencing a mental health or substance use crises. Individuals can either come on voluntary or emergency detention admission status. Individuals are welcome to call or just walk in. 405-214-4777, 1420 N. Harrison Ave., Shawnee, OK.

3

CONNECT TO RECOVERY SUPPORT GROUPS

Scan the QR Code or visit www.gatewaytoprevention.org to connect to Recovery Support Group Meetings in Lincoln, Seminole, and Pottawatomie Counties.



4

GO TO GATEWAY

Get more support for any mental health, substance misuse, or problem gambling concerns. Gateway assists children, youth, families, and individuals towards a path of recovery and greater health. Call 273-1170 to continue your journey!



gateway