How to Seek Counseling Outside of ORU

Below are a few options of ways to find a counselor in your area. This is not a list of all available options, but is designed to give you a starting point for your search.

Through your Insurance:

If you call the phone number on your insurance card, you can ask if your insurance plan covers mental health care, and if so how many sessions per year are covered and what your co-pay would be per session. You can also ask for a list of mental health therapists within your zip code who take your insurance.

Non-Profit Counseling Agency:

If you do not have insurance that covers mental health care, one of the most cost-effective options for counseling would be through a non-profit counseling agency. You can google "non-profit counseling agency" and include your city/state or zip code to see what options there might be near your location.

PsychologyToday.com – Mental Health Provider Search Engine:

If you would like to hand pick your own therapist based off of preferences you have for a provider such as male versus female, in person versus online, specialty areas the therapist is skilled in treating, insurance coverage, faith, or cost of services, psychologytoday.com could be a great place to start. You can go to www.psychologytoday.com, enter your zip code, enter any preferences you have, and you will be provided with a list of therapists as well as bios that you can read on each therapist. You can also search for psychiatrists, support groups, or treatment centers using the psychologytoday.com search engine.

Church Support:

If you are a member of a church, you could contact your pastor to ask if your church provides counseling services for its members, or if the church would be willing to pay for you to attend a few sessions of counseling somewhere if finances are a barrier to receiving services.

Crisis Intervention Hotlines:

If you are ever in crisis and need immediate assistance:

For students who live **on ORU campus**:

- Call **ORU Security** at **(918) 495-7750.**
- Call **TimelyCare crisis line**, available 24/7 at **(918) 495-7700.**
- If you are in the Tulsa Oklahoma area, call **COPES crisis line**, available 24/7 at **(918) 744-4800.**
- If you are in immediate danger of hurting yourself or others, please call one of the crisis lines above AND have someone take you to the nearest emergency room.

For those who live **off campus**:

- If you are in the Tulsa Oklahoma area, call **COPES crisis line**, available 24/7 at **(918) 744-4800.**
- If you are anywhere in the United States, call/text the **Suicide & Crisis Lifeline**, available 24/7 at **988**.
- If you are outside the United States, use findahelpline.com to locate crisis support services in your area.
- If you are in immediate danger of hurting yourself or others, please call one of the crisis lines above AND have someone take you to the nearest emergency room.
- If you are in a life-threatening emergency or in immediate danger of dying by suicide, call **911**.

This is a list of a few resources provided for your convenience.
This should not be considered an endorsement of any particular service provider.
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