Christian Counseling Resources

(Most recently updated 11-5-26)

Connect and Restore

https://connectandrestore.com/about/
(918) 392-7988
6202 S Lewis Ave, Suite J, Tulsa, OK 74136

- In network with most major insurances; They don't accept SoonerCare, Medicaid, or Ambetter
- Fee Per Session Without Insurance:
  - $25 Graduate Counseling Intern
  - $95 Counselor Under Supervision, Not Yet Licensed
  - $125-$175 Licensed Therapist
- No sliding scale fees currently available

Amayesing Skillz

https://www.amayesingskillz.com/
918-932-8774
7645 E. 63rd St, Suite 102, Tulsa, OK 74133

- They accept Blue Cross Blue Shield & Medicaid
- Fee Per Session Without Insurance:
  - $25 Graduate Counseling Intern
  - $125 Assessment / $90 Session with Counselor Under Supervision, Not Yet Licensed
  - $150 Assessment / $125 Session with Licensed Counselor
  - $175 Assessment / $150 Family Counseling Session
- Discounted rates offered on a case-by-case basis

Joy Christian Counseling

https://www.joychristiancounseling.com/
918-221-8382
3939 S Harvard Ave, Suite 204, Tulsa, OK 74135

- They accept a wide range of insurance plans; they don't accept Medicaid, Medicare, CommunityCare, or TRICARE
- Fee Per Session Without Insurance:
  - $41.50 Graduate Counseling Intern
  - $80 Counselor Under Supervision, Not yet Licensed
  - $150 Licensed Therapist

Cornerstone Christian Therapy & Wellness

http://www.cornerstoneoftulsa.com
918-392-4008
4930 S Sheridan Rd, Tulsa, OK 74145

- Offers counseling + functional & integrative health services
- They accept Blue Cross Blue Shield PPO, United Health Care, and Health Choice
- Fee Per Session Without Insurance:
  - $50 Graduate Counseling Intern
  - $85 Counselor Under Supervision, Not Yet Licensed
  - $150 Licensed Therapist
  - $200 Licensed Therapist with Doctorate
- No sliding scale fees currently available

Christian Family Institute

http://christianfamilyinstitute.com/
918-745-0095
6846 S. Canton, Suite 600, Tulsa, OK 74136

- They accept almost every commercial insurance plan; they don't accept SoonerCare or Medicare
- Fee Per Session Without Insurance:
  - $65 Counselor Under Supervision, Not Yet Licensed
  - $95 Reduced Rate Fee for Licensed Therapist (If you fill out an application for reduced rate and qualify)
  - $175 Licensed Therapist (Typical fee)

Abide Counseling

https://www.abidetulsa.com/
918-609-2202 call or text
6931 S 66th E Ave, Suite 310,Tulsa, OK 74133

- They accept Blue Cross Blue Shield, Aetna, United Health Care, and Health Choice insurance
- Fee Per Session Without Insurance:
  - $125 Licensed Therapist
- No sliding scale fees currently available
- They specialize in OCD treatment

Oklahoma Christian Counseling

https://oklahomacc.com/meet-our-team-oklahoma-cc/
918-319-2935
1704 S Utica Ave, Tulsa, OK 74104

- They accept most major insurances; they don't accept SoonerCare
- Fee Per Session Without Insurance:
  - $150 Licensed Therapist
  - No sliding scale fee options currently available
- No sliding scale fees currently available

Strength of Mind Counseling

https://strengthofmind.com/
918-872-9777
8937 S. Garnett Road, Broken Arrow, OK 74012

- They offer therapy and psychiatric medication management
- They accept most commercial insurances; they don't accept adult Medicaid
- Fee Per Therapy Session Without Insurance:
  - $175 Initial Session with Licensed Therapist
  - $150 Follow Up Session with Licensed Therapist
- No sliding scale fee options currently available

Life Connection Counseling

http://lifeconnectioncounseling.com/
918-496-9588
7145 S. Braden Ave, Tulsa, OK 74136

- They accept a wide range of insurance plans; they don't accept SoonerCare or Medicare
- Fee Per Session Without Insurance:
  - $190 Licensed Therapist
- No sliding scale fee options currently available

This is a list of a few resources provided for your convenience. This should not be considered an endorsement of any particular service provider. Please call the resources directly for the most up to date information, as pricing and services can change.

Lower Cost or Free – Non-Profit Counseling Resources

(Most recently updated 11-5-26)

Community Mental Health Agencies

Family & Children's Services

http://www.fcsok.org/
918-587-9471
Tulsa Clinic Address: 2325 S Harvard Ave, Tulsa, OK 74114

- **Non-profit behavioral health organization offering various services such as counseling, psychiatric services, medication management, and crisis care.**
- **They accept some insurances, as well as having other financial support options such as SoonerCare or grant-funded services to cover some or all of the cost of services, or sliding scale fees, if eligible.**
- **In-person and telehealth services available.**

Counseling & Recovery Services

http://crsok.org/
918-492-2554
Tulsa Clinic Address: 1323 E 71st St, Tulsa, OK 74136

- **Non-profit organization serving those with mental health and substance abuse needs, providing services such as counseling, psychiatric medication management, and crisis intervention services.**
- **They accept some insurances, as well as other financial options such as SoonerCare or grant-funded services, to cover some or all of the cost of services, if eligible.**
- **In-person and telehealth services available after completing an in-person intake, if eligible.**

CREOKS Health Services

http://creoks.org/
Tulsa Clinic Phone: 918-382-7300
Tulsa Clinic: 4103 S Yale Ave, Suite B, Tulsa, OK 74135

- **Non-profit organization serving those with mental health and substance abuse needs, providing services such as counseling, psychiatric medication management, and crisis intervention services.**
- **They accept a variety of private insurances. They offer a sliding scale fee based on income. Sliding scale fees range from $5 – 71 per session. Free services sometimes offered.**
- **In-person and telehealth services available.**

GRAND Mental Health

https://www.grandmh.com/
Tulsa Outpatient Clinic: 918-779-7144
Outpatient Clinic Address:6128 E 38th St, Tulsa, OK 74135

- **Non-profit organization serving those with mental health and substance abuse needs, providing services such as counseling, psychiatric medication management, and crisis intervention services.**
- **They accept some insurances, as well as having other financial support options such as SoonerCare or grant-funded services to cover some or all of the cost of services, or sliding scale fees, if eligible.**
- **In-person and telehealth services available after attending an in-person intake, if eligible.**

Grief / Loss

The Grief Center

http://www.thegriefcenter.org/
918-587-1200
2502 E 71st Street, Tulsa, OK 74136

- **They accept a wide range of insurances, as well as sliding scale fees ranging from $5 to $80 per visit.**
- **They offer individual, couples, family, and group grief counseling. Groups are typically free and are in person.**
- **In-person and telehealth counseling available.**

Integrated Healthcare

Morton Comprehensive Health Services

http://www.mortonhealth.com
918-587-2171
1334 North Lansing Avenue
Tulsa, OK 74106

- **They provide integrated healthcare, including primary medical care, dental, optometry, counseling, psychiatry and medication management, on-site pharmacy, and transportation.**
- **They accept some insurance plans, as well as having other financial support options such as SoonerCare or grant-funded services to cover some or all of the cost of services, or a sliding scale fee, if eligible, ranging from $25-$100 per appointment.**
- **In-person and telehealth services available after attending in-person intake, if eligible.**

Sexual Assault / Domestic Violence

Domestic Violence Intervention Services (DVIS)

http://www.dvis.org
24-hour information and crisis line: 918-743-5763

- **They offer free individual and group counseling for those affected by domestic violence, sexual assault, stalking, & adult sex trafficking. They also have a shelter available. They offer paid services for perpetrators of abuse.**
- **They take SoonerCare and Medicaid. Individual and group counseling free for survivors of trauma. Weekly groups available.**
- **Services are available in person only.**

This is a list of a few resources provided for your convenience. This should not be considered an endorsement of any particular service provider. Please call the resources directly for the most up to date information, as pricing and services can change.

Free Support Resources

(Most recently updated 11-5-26)

Addiction Recovery Support Groups

Adult Children of Alcoholics
http://www.adultchildren.org/
310-534-1815
- Free support group for adults who grew up in homes with alcohol abuse or general family dysfunction.

Al Anon
https://al-anon.org
1-888-425-2666
- Free support group for people with family members or friends struggling with addiction.

Alcoholics Anonymous
http://aaneok.org/
24 hour phone hotline: 918-627-2224
- Free, global, fellowship dedicated to helping individuals achieve & maintain sobriety from alcohol.

Celebrate Recovery
http://www.celebraterecovery.com/
- Christ-centered, 12-step recovery program designed to help people overcome life's hurts, hang-ups, & habits.

Narcotics Anonymous
https://www.na.org/
918-747-0017
- Free, global, community-based peer support organization that helps individuals stop using drugs and maintain a drug-free lifestyle through a 12-step recovery model.

Eating Disorder Support Groups

Eating Disorders Anonymous
https://eatingdisordersanonymous.org/
- Free 12-step fellowship for individuals seeking to recover from an eating disorder.

Overeaters Anonymous
https://oa.org/
505-891-2664
- Free 12-step fellowship for individuals seeking recovery from compulsive eating and unhealthy relationships with food.

Mental Health Provider Search Engine

PsychologyToday.com
https://www.psychologytoday.com/us
- A free search engine to find local therapists, psychiatrists, treatment centers, or support groups. Filter your search by zip code, online/in-person preference, specialties, insurance, faith, or cost.

National Resource Helpline

211 Helpline
24/7 Hotline: 211
https://csctulsa.org/211eok/
- A free, 24/7 helpline connecting individuals to local community resources for critical needs like housing, utility assistance, food pantries, medical or mental health care, and emergency crisis response.

Sexual Assault Hotline

RAINN National Sexual Assault Hotline
https://www.rainn.org/
800-656-4673
- A free, 24/7 confidential helpline providing trauma-informed support for survivors of sexual violence, their loved ones, and anyone affected directly or indirectly.
- Online Chat: Access the live desktop/mobile messaging portal via hotline.RAINN.org.
- Text Support: Send a text with the word "HOPE" to 64673.

Support Groups

Mental Health Association of Oklahoma
http://mhaok.org/get-help/support-groups/
918-585-1213
- An association that provides free, state wide virtual support groups for adults 18+. Topics include Stress & Anxiety Management, Depression, Bipolar Disorder, Post-Traumatic Stress Disorder (PTSD), and Survivors of Suicide Loss (for friends and family members).

Depression and Bipolar Support Alliance Oklahoma
https://dbsaok.org/
405-254-3994
- Offers free, peer-led support groups focused specifically on mood disorders, along with structured training and educational programs for group facilitators and participants.

This is a list of a few resources provided for your convenience. This should not be considered an endorsement of any particular service provider. Please call the resources directly for the most up to date information, as pricing and services can change.

Crisis Support Resources

(Most recently updated 11-5-26)

24/7 Local Crisis Services

Family & Children's Services – COPES 24/7 Crisis Line & Crisis Care Center

https://www.fcsok.org/services/crisis-services/
COPES 24/7 Crisis Line (Free): **918-744-4800**
Crisis Care Center: 918-921-3200
Crisis Care Center Address:
1055 S. Houston Avenue, 1st Floor, Tulsa, OK 74127

- **COPES**: **Free, confidential 24/7 crisis support hotline through Family & Children's Services, serving adults & children in Tulsa County. Trained mental health professionals provide support over the phone or dispatch face-to-face mobile crisis response when needed.**
- **Crisis Care Center**: **This facility provides a safe, 24/7 alternative to emergency rooms for adults in severe distress. It offers rapid mental health triage, Crisis Respite Center care for up to 24 hours, Crisis Stabilization Unit beds for up to 3-5 days, and direct referrals to inpatient hospitals if needed. They accept anyone, regardless of insurance or financial situation.**

GRAND Mental Health – 24/7 Crisis Line & Urgent Recovery Center

https://www.grandmh.com/services-programs/urgent-recover-centers/
24/7 Crisis Line (Free): **1-800-722-3611**
Urgent Recovery Center Address:
6128 E 38th St, Tulsa, OK 74135

- **24/7 Crisis Line**: **They have a free crisis hotline available 24/7 offering support for anyone experiencing a mental health or behavioral emergency, and a transportation unit that can provide transportation to the Urgent Recovery Center for crisis stabilization if a person is in an acute safety crisis.**
- **Urgent Recovery Center**: **This facility provides 24/7 immediate access to walk-in crisis stabilization for adults experiencing behavioral health crisis. They accept anyone, regardless of insurance or financial situation.**

CREOKS – 24/7 Crisis Line & Spring Creek Recovery Center

https://creoks.org/springcreek/
24/7 Crisis Line (Free): **918-216-4999**
Spring Creek Recovery Center Address:
27 East Ross Avenue, Sapulpa OK 74066

- **24/7 Crisis Line**: **They have a free crisis hotline available 24/7 offering support for anyone experiencing a mental health or behavioral emergency.**
- **Spring Creek Recovery Center**: **This crisis stabilization facility provides immediate, short-term support for adults facing mental health or substance use crises. They accept anyone, regardless of insurance or financial situation.**

National Crisis Lifeline

988 Suicide & Crisis Lifeline

https://988lifeline.org/
24/7 Crisis Line (Free): Call or text **988**

- **A national hotline providing free, confidential 24/7 crisis support via call, text, or chat for anyone facing mental health struggles, emotional distress, alcohol or drug use concerns, safety crisis, or just need someone to talk to. Available to anyone in the United States.**

International Mental Health Support

Find A Helpline

https://findahelpline.com/

- **A comprehensive global locator that matches individuals to free, confidential crisis hotlines, text lines, and web chats across more than 175 countries. Users can filter support by country, contact method, and specific needs.**

Directory of International Mental Health Lines

https://www.helpguide.org/find-help.htm

- **An online search directory indexing free, confidential emotional support networks worldwide. These directories act as immediate resource routing services to connect individuals in distress with verified country-specific crisis support networks.**

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 https://findahelpline.com/ to locate local crisis support.
- 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. Please call the resources directly for the most up to date information, as pricing and services can change.

Specialty Support Resources

(Most recently updated 11-5-26)

Addiction / Detox

GRAND Mental Health – Addiction Recovery Center
https://www.grandmh.com/
Addiction Recovery Crisis Line (Free): 1-866-771-7088
Addiction Recovery Center Address:
6333 E Skelly Dr, Tulsa, OK 74135

- Provides a comprehensive continuum of substance use care for youth and adults, ranging from medically supervised detoxification and residential treatment to sober living transitions and outpatient support.
- They accept SoonerCare only, and will help with enrollment in SoonerCare if eligible.

Eating Disorder Treatment

Laureate Psychiatric Clinic & Hospital – (Eating Disorder Program, Outpatient Clinic & Inpatient Clinic)
Eating Disorders Program: 918-491-3702
Outpatient Clinic: 918-491-5676
24/7 Emergency Line/Inpatient Hospital: 918-481-4000
6655 South Yale Avenue, Tulsa, OK 74136

- Eating Disorder Program: https://www.saintfrancis.com/laureate/eating-disorders-program
- Outpatient Clinic: https://www.saintfrancis.com/location/laureate-outpatient-clinic
- Inpatient Hospital: https://www.saintfrancis.com/location/laureate-psychiatric-clinic-and-hospital
- A private psychiatric clinic and hospital offering an outpatient clinic for counseling and medication management, an inpatient hospital for emergency crisis stabilization and medical detoxification, and a specialized, nationally recognized eating disorder treatment unit. This facility has a 47-acre retreat-like campus.
- PLEASE NOTE: Contact your insurance company and/or the clinic directly to verify insurance network compatibility, co-pay fees, and deductibles BEFORE scheduling an appointment. If you attend an appointment and your insurance doesn't cover the cost, you would be responsible for paying the bill out of pocket.

Nutrition Consultants of Tulsa, LLC
https://www.nutritiontulsa.com/
918-749-9077
1715 S. Baltimore Ave., Tulsa, OK 74119

- Provides specialized, one-on-one medical nutrition therapy and lifestyle counseling delivered by Licensed, Registered Dietitians. Their comprehensive services address a wide range of needs, including weight management, sports nutrition, diabetes care, food allergies, eating disorders, and tailored dietary planning for chronic illnesses and disease prevention.

Obsessive Compulsive Disorder (OCD)

NOCD
https://www.treatmyocd.com/

- The world's leading provider of OCD treatment.
- A nationwide, telehealth platform that provides evidence-based, virtual therapy for Obsessive-Compulsive Disorder (OCD) using Exposure and Response Prevention (ERP).
- They accept most insurance plans. With in-network coverage, most members pay their behavioral health copay, usually $0 to $50 per session.
- Without insurance, sessions typically cost $240 for 60 minutes, $180 for 45 minutes, or $120 for 30 minutes. Interest fee payment plans available.
- To sign up for counseling, go to their website and click the "Book a free call to get started" tab.

Trauma / PTSD

NEMA
https://www.nemahealth.com/

- A virtual care platform that specializes in evidence-based PTSD treatment, offering Cognitive Processing Therapy (CPT)
  - They accept a variety of insurance plans. (Fees with insurance coverage typically range from $0 - $100 per session. Prices could be as low as a one-time $50 copay to cover 12 trauma treatment sessions.)
- Fee Per Session Without Insurance:
  - $400 Clinical Evaluation (75 minutes)
  - $275 Therapy Session (50 minutes)
- To sign up for counseling, go to their website and click "Talk With Us" tab to schedule a free phone consultation.
- They recommend multiple therapy sessions per week for around 12 sessions for optimal symptom improvement.
- Call to check if they provide treatment in the state where you would be living during the time of treatment. (As of October 2026, Nema currently serves California, Connecticut, Delaware, Florida, Illinois, Maryland, Massachusetts, Michigan, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Texas, Virginia, and Washington, D.C. They intend to expand services to other states.)

Rebound Health
https://hellorebound.com/

- A nationwide, virtual care platform that specializes in evidence-based PTSD treatment, offering Prolonged Exposure (PE) therapy.
- They accept most major insurance plans.
- Fee Per Session Without Insurance:
  - $240 per 60 minute session
  - Payment plans available for as low as $50 per week, with no interest.
- To sign up for counseling, go to their website and click the "Get matched with a therapist" tab.
- They recommend two therapy sessions per week for 12-14 sessions for optimal symptom improvement.

This is a list of a few resources provided for your convenience. This should not be considered an endorsement of any particular service provider. Please call the resources directly for the most up to date information, as pricing and services can change.

Other Support Resources

(Most recently updated 11-5-26)

Other Counseling Resources

Empowered Life Counseling

https://www.empoweredlifecounseling.org/

918-991-5538

6911 S. 66th East Avenue, Suite 200, Tulsa, OK 74133

- **They accept Blue Cross Blue Shield, HealthChoice, Cigna, United Healthcare, UMR, QuikTrip, and Curative.**
- **Fee Per Session Without Insurance:**
- **$35 Graduate counseling intern**
- **$125 Counselor Under Supervision, Not Yet Licensed**
- **$210 ($165 for self-pay) Licensed Therapist**
- **No sliding scale fees currently available**
- **They have several counselors who can incorporate Christian values into counseling on request if desired**

Pornography Recovery Support

Covenant Eyes

https://www.covenanteyes.com/

- **A paid digital accountability software that uses artificial intelligence to monitor screens and send blurred alerts to a trusted "accountability partner". They also offer extensive free educational e-books, articles, and directories to find Christian therapists.**

This is a list of a few resources provided for your convenience. This should not be considered an endorsement of any particular service provider. Please call the resources directly for the most up to date information, as pricing and services can change.