

Local Resources Available (Pushmataha County)

Mental/Behavioral Health:

- **Providence of Oklahoma Antlers Office**
301 North High Street
Antlers, OK 74523
(580) 298-5779
- **Pushmataha Family Medical Center**
109 Stanley Rd
Clayton, Oklahoma 74536
(918) 569-4143
Website: pfmco.com
- **Pushmataha County Hospital**
510 East Main
Antlers, OK 74523
(580) 298-3341
- **Quest Mental Health**
112 North High Street
Antlers, OK 74523
(580) 298-3001
Website: www.questmhsa.com/
- **Sequelcare**
103 NE 3rd Street
Antlers, OK 74523
(580) 298-2830
- **Systems of Care**
PO Box 1030
107 South High Street
Antlers, OK 74523
(580) 298-2256
- **Zen Gee Counseling & Psychological Services, LLC**
(877) 298-5062

Antlers Office
P.O. Box 374
608 Highway 271 North
Antlers, OK 74523
(580) 298-5062

Mental/Behavioral Health continued:

- **Zen Gee Clayton Office**
408 Highway 271 South
Clayton, OK 74536
(918) 569-4929

Substance Abuse/Addictions:

- **AA Abuse Helpline (24 hours)**
(800) 299-6310
- **Alcoholics Anonymous/ALANON**
(580) 326-5001
- **Pushmataha County Drug Court**
202 SW 4th St
Antlers, OK 74523
(580) 298-9029
- **Pushmataha County Hospital**
510 East Main
Antlers, OK 74523
(580) 298-3341
- **Reach Out Hotline (Mental Health/ Substance Abuse Crisis)**
(800)-522-9054
- **Sequelcare**
103 NE 3rd Street
Antlers, OK 74523
(580) 298-2830
- **Systems of Care**
PO Box 1030
107 South High Street
Antlers, OK 74523
(580) 298-2256

Individual/Couple Counseling:

- **Quest Mental Health**
112 North High Street
Antlers, OK 74523
(580) 298-3001
Website: www.questmhsa.com
- **Zen Gee Counseling & Psychological Services, LLC**
(877) 298-5062

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Clayton Office

408 Highway 271 South
Clayton, OK 74536
(918) 569-4929

Nonprofit organizations:

- **Little Dixie Community Action Agency Inc. (CASA)**
Main office, Antlers
603 S.W. "B" Street
Antlers, OK 74523
(580) 298-2921
Website: www.littledixiecasa.org

Religious groups:

- **New Beginnings**
208 N.E. "C" Street
Antlers, OK 74523
(580) 298-5279

Family Violence:

- **Oklahoma Safeline**
(Domestic Violence, Sexual Assault, Stalking)
(800) 522-7233

Family Violence Continued:

- **SOS for Families**
CRISIS/Hotline (24 hours) 888-286-3369 or 580-286-3369
418 South Central
Idabel, OK 74745
(580)286-7533 (Administration)
(580) 584-6403

Financial Planning:

- **Zen Gee Counseling & Psychological Services, LLC**
(877) 298-5062

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