

## **Local Resources Available Seminole County**

### Mental/Behavioral Health:

- Mental Health 405-382-4507

### Substance Abuse/Addictions:

- Multi County Counseling 405-257-9030

### Individual/Couple Counseling:

- Youth and Family Services 405-257-5491

### Nonprofit organizations:

- 4-H 405-257-5433
- OHCE 405-257-5433
- Calm Waters Center for Children and Families 405-841-4800

### Religious groups:

- First Methodist Church Seminole, OK 405-382-2016

### Family Violence:

- DHS Child protective Services 405-521-2283

### Financial Planning:

- OSU Extension Office 405-257-5433