



Current Suicidal Thoughts, Feelings, or Behavior

If you or someone you love is actively suicidal there is hope and help!

Options available to you by the Oklahoma Department of Mental Health and Substance Abuse:

Contact call 911 and request a CIT officer

Go to your local emergency room or mental health facility for triage (if you feel safe driving.)

State Crisis Centers

- [Adult Crisis Centers](#)
- [Youth Crisis Centers](#)

Hotline Numbers

- 988 (National Suicide Prevention Lifeline, Available 24/7 in English and Spanish)
- 741741 (Text "Start" for crisis text line)
- 1-800-522-9054 (24/7 Hotline for information or referrals regarding mental health and substance abuse)

Suicide Prevention

Supporting Documents

- [Safety Guide](#)
- [Safety Plan Template](#)
- [Digital Safety Plan](#)

Trainings

- [HealtheKnowledge Suicide Prevention Resource Center](#)
- [Mental Health First Aid](#)