

Military Resources

Education and Employment Services

Oklahoma State University - Tulsa	Veterans Benefits Liaison	405-744-6868	M-F 8AM-5PM	Provides liaison to Veterans regarding Veterans Administration (VA) school benefits.
Tulsa Community College	Educational Opportunity Center	918-596-8600		Provides free (to eligible clients) educational and academic information through group presentations, individual counseling and seminars and workshops.
Tulsa Community College	Veterans Benefits Liaison	918-595-7279	M-F 8AM-5PM	Provides liaison to Veterans regarding Veterans Administration (VA) school benefits.
Tulsa Technology Center Workforce Oklahoma	Career Services Center One Stop Career Center	918-828-5200 918-796-1200	M-F 7:30AM-4:30PM M-F 8AM-5PM	Provides job placement and labor market services with veterans' representatives on-site to provide special assistance.

Family Support

Associated Centers for Therapy American Legion Carson Wilson Rigney Forrester Post #1	Get Connected Military Support Services Emergency Financial Assistance	918-492-2554 x750 918-584-4274	M, W, F, 8AM-5PM; T, Th, 8AM-7PM T, Th 9AM-2:30PM	Provides support for military families and friends. Aids in obtaining financial aid for shelter and utilities in cases of true emergency such as death, disaster, sickness or accident.
American Legion Post #308	Emergency Financial Assistance	918-437-4308	M-F 8AM-5PM	Aids in obtaining financial aid for shelter and utilities in cases of true emergency such as death, disaster, sickness or accident.
American Red Cross - Tulsa Area Chapter	Armed Forces Emergency Services	918-831-1109	M-F 8:30AM-4:30PM	Provides trained volunteers who communicate urgent messages between members of the military and their families whenever there is an emergency such as a birth, death, serious illness or pending surgery.
Blue Star Mothers of Oklahoma - Tulsa		918-834-7777		Provides support for mothers with sons or daughters going to war.
Community Alliance Resource & Diversion Services City of Tulsa Housing Authority	Mediation & Coping with Deployment Services Family Assisted Housing - Veterans	918-607-7996 918-582-0021	M-F 8AM-5PM	Provides support for military families and friends. Provides assisted housing for low-income families with preference given to active military/veterans.
Disabled American Veterans #32 James E. Bracy	Emergency Financial Assistance	918-834-4643	T-Th 9AM-4PM	Aids in obtaining financial aid for shelter and utilities in cases of true emergency such as death, disaster, sickness or accident.
Okla Air National Guard	Air Wing Coordinator	918-833-7732		Provides a support group for families of all military services.
Okla National Guard	Family Support	918-832-6539		Provides support for military families.

Health Care, Mental Health Care and Benefits

American Legion Carson Wilson Rigney Forrester Post 1	Claims Assistance	918-584-4274	T, Th 9AM-2:30PM	Aids veterans and their families with any matter with the Department of Veterans Affairs. Also provides assistance in appealing adverse decisions.
Disabled American Veterans #32 James E. Bracy	Claims Assistance	918-834-4643	T-Th 9AM-4PM	Aids veterans and their families with any matter with the Department of Veterans Affairs. Also provides assistance in appealing adverse decisions.
Jack C. Montgomery VA Medical Center	Muskogee Center	580-482-4781		Provides medical services for veterans. Services include: behavioral health, pharmacy, primary care, social work, specialty care and women's health.
National Association for Black Veterans	Claims Assistance	918-289-5498		Provides help for black veterans with information and referrals for veterans' benefits, claims, health issues.
Okla Department of Veterans Affairs	Veterans Center - Claremore	918-342-5432		Provides hospital care for veterans including 302-bed hospital facility, dietetics, rehabilitation, recreational therapy, laboratory, pharmacy, x-ray and social work services.
Okla Department of Veterans Affairs	Claims & Benefits	888-655-2838		Provides information, advice and assistance relating to veterans' benefits under the laws administered by the VA and other agencies to veterans with honorable discharges and their eligible dependents or survivors.

		Military Resources		
Oklahoma NeuroSpecialty	ok.neurospecialty.com			Post-acute brain injury treatment program. They provide services to people who have any acquired brain injury including stroke, aneurysm, anoxia, tumor, or TBI. Services include physical therapy, occupational therapy, speech-language pathology, behavioral services, counseling, and social work.
TRICARE/CHAMPUS		(918) 477-5111 800-444-5445		Provides health insurance for military personnel and their families.
USVA Ernest Childers Outpatient Clinic USVA Ernest Childers Outpatient Clinic	Intensive Outpatient Substance Abuse Clinic Veterans Outpatient Clinic	918-764-7243 918-628-2500	M-F 8AM-4:30PM M-F 7:30AM-4PM	Provides medical treatment and follow-up. Services include dental, pharmacy, diabetic, prosthetics, and rehabilitation.
USVA Behavioral Health Clinic	Veterans Mental Health Clinic	918-610-2000	M-F 8AM-4:30PM	Provides counseling, PTSD treatment, and mental health services.
Vet Center	Veterans Counseling	918-748-5105	M-F 8 AM-4:30PM	Provides intensive outpatient substance use disorder clinic.
Veterans' Services				
City of Tulsa Office of the Mayor Congressional Delegation - Tulsa County Area	Sen. James Inhofe Sen. Tom Coburn Rep. John Sullivan	918-596-7411 918-748-5111 918-581-7651 918-749-0014	M-F 8AM-5PM	
Disabled American Veterans #32 James E. Bracy Folds of Honor Foundation	Support Groups	918-834-4643 918-494-8823	T-Th 9AM-4PM	Provides a support group for disabled veterans. Provides post-secondary educational scholarships to the spouses and children of service members disabled or killed as a result of their military service
Marine Corps League for Oklahoma		918-691-6407		Provides support, camaraderie and fellowship for the purpose of preserving the traditions and promoting the interests of the United States Marine Corps and those who have been honorably discharged from that service.
Military and Veterans Resource Center and Lounge	Tulsa Community College, Metro Campus Tulsa Community College, Northeast Campus	918-595-7000 918-595-3418	M-F 8AM-8PM M-F 9AM-5PM	Provides information and resources for veterans and their families. Provides information and resources for veterans and their families.
Military and Veterans Resource Lounge	Tulsa International Airport, Terminal A Post Security South of Gate 20		Su-Sa, 4AM-11:30PM	Provides information and resources for veterans and their families.
National Association for Black Veterans		918-595-3418		Provides help for black veterans with information and referrals for veterans' benefits, claims, health issues.
Okla Department of Veterans Affairs		405-521-3684		Provides information, advice and assistance relating to veterans' benefits under the laws administered by the VA and other agencies to veterans with honorable discharges and their eligible dependents or survivors.
Twelve and Twelve, Inc.	Bryce House	918-664-4224		Provides housing and treatment for recovery from substance abuse for homeless Veterans.
USVA	Okla Chapter of Blind Veterans Association	918-764-7215	M-F 9AM-2PM	Offers program for all eligible veterans who are blind and serves as a liaison with the Veterans Administration Medical Center.
USVA	Seamless Transition Program	800-827-1000	M-F 7:30AM-4:30PM	Provides reintegration support for veterans returning from Operations Enduring Freedom & Iraqi Freedom (OEF/OIF) including suicide prevention, information and referral.
Vet Center	Veterans Outreach	918-748-5105	M-F 8 AM-4:30PM	Provides staff available for an overview regarding Post Traumatic Stress Disorder (PTSD) and readjustment issues of the combat veteran to other agencies or providers in the area.
Veterans' Families United Foundation		405-535-1925		Connects veterans and their families to compassionate resources.
Veterans of Foreign Wars Post 577		918-585-9148	Tu-F 8AM-3PM	Provides Honor Guard and memorial rites services for funerals of veterans who were honorably discharged and served a minimum of 90 days; also provides patriotic material.

Military Resources

Hotlines and Websites		
Iraq & Afghanistan Veterans of America	212-982-9699	Provides information on local events, social networking opportunities for veterans, and various resources, including housing, employment, education, and health care.
Military One Source	800-342-9647	Free 24/7 access to confidential resource and referral support for service members and their families
National Military Family Association	800-260-0218	Primarily focuses on the family members of service members by assisting with educational opportunities, healthcare options, and understanding legislation that affects military families
National Veterans Suicide Prevention Hotline	800-273-8255	24/7 crisis call center staffed by trained counselors sponsored by VHA and SAMHSA
United Service Organization (USO)	703-908-6400	Provides referral services, housing and emergency assistance, and support groups
Wounded Soldier and Family Hotline	800-984-8523	Offers wounded and injured Soldiers and family members help to resolve medical issues and acts as an information channel for medically related issues and grievances.
AfterDeployment.org	afterdeployment.org	A portal will multiple resources for service members, family members, including assessments.
American Legion Post #1	www.tulsapost1.com	Provides assistance with housing, finding jobs, healthcare, and filing veterans claims.
Army Families Online	www.armyfamiliesonline.org	Compilation of resources (contact information, Web links, and downloadable files) on a broad range of issues for the service member and family
Blue Star Mothers of Oklahoma—Tulsa	www.okbluestarmothers.org	Organize and send Freedom Boxes to troops serving in Iraq, Afghanistan and on any hostile foreign soil
Folds of Honor Foundation	www.foldsofhonor.org	Provides post-secondary educational scholarships to the spouses and children of service members disabled or killed as a result of their military service
Marine Parents	www.marineparents.com	Support for family and friends of Marines is offered through the website, including live support, email support, chat rooms, and message board communities
Military Advantage	www.military.com	Free membership connects service members, military families and veterans to government benefits, scholarships, discounts, friends and mentors.
Military Spouse	www.milspouse.org	Provides spouses with resources for employment, education, and relocation.
Military Order of the Purple Heart - Okla.	www.purpleheartoklahoma.com	Provides veterans and their families with benefits assistance, educational assistance, and outreach programming
National Veterans Legal Services Program	www.nvlsp.org	Connects active duty personal and veterans with pro bono legal help and publishes a definitive guide on veterans' benefits
Tragedy Assistance Program for Survivors	www.taps.org	Offers assistance to those grieving the death of someone actively serving in the Armed Forces
USA 4 Military Families	www.usa4militaryfamilies.dod.mil	Seeks to engage and educate state policymakers, not-for-profit associations, concerned business interests, and other state leaders about the needs of Military members and their families
VFW Post 577	www.vfwpost577.org	Provides information on events, both social and informational, and links to various local resources.
Green Country Military Officers Assoc.	www.gcmoaa.org	Works for preservation of the earned entitlements and benefits of members of the uniformed services and those of their dependents and survivors

Marine Corps Coordinating Council - Okla

www.oklahomamarines.org

Military Resources

Coordinates, and provides contact information for, various organizations that offer support and assistance to Marines and their families

Returning from the War Zone: A Guide for Military Personnel

<http://www.ptsd.va.gov/PTSD/public/reintegration/guide-pdf/SMGuide.pdf>

The National Center Guide for Family Members.
Sesame Street Resources for Parents

<http://www.ptsd.va.gov/PTSD/public/reintegration/returning-war-zone-guide-families.asp>

<http://www.sesameworkshop.org/initiatives/emotion/tlc>