

DIRECTORY OF HELPLINES AND OTHER RESOURCES OF SUPPORT

UNIVERSITY, LOCAL, & STATE RESOURCES

LANGSTON UNIVERSITY COUNSELING CENTER
University Women Building – 1st Floor
(405) 466-3210

LANGSTON UNIVERSITY HEALTH CLINIC
University Women Building – 1st Floor
(405) 466-3335

LANGSTON UNIVERSITY BLUE-LIGHT STATIONS/CALL BOXES
(Call stations/poles with a panic button, scattered on the Campus grounds, which allow individuals immediate, direct connection to University Police in dangerous or threatening situations).

911SHIELD APP
Downloadable safety app to activate university safety forces in dangerous situations.

LANGSTON UNIVERSITY POLICE DEPARTMENT
(For emergencies or immediate threat to safety).
(405) 466-3366

MARY MAHONEY HEALTH CENTER
*[COVID-19 Testing Site]
300 N. Martin Luther King Street
Langston, Oklahoma 73050
(405) 466-2535

ALCOHOLICS ANONYMOUS
3522 S. Division St. & 205 S. Academy Rd.
Guthrie, Oklahoma 73044
(405) 524-1100

SAM (STUDENT ASSISTANCE BY MERCY)
(24-hours hotline for mental health consultation). Available 7 days a week.
1-855-225-2726

WINGS OF HOPE 24-HOURS CRISIS HELPLINE
(For survivors of rape, sexual assault, and/or domestic violence). *Available safe shelter, when home is not safe.
3600 N. Washington Ave., Stillwater, Ok.
1-800-624-3020

LOGAN COUNTY HEALTH DEPARTMENT
*[COVID-19 Testing Site]
215 Fairground Road, Suite A
Guthrie, Oklahoma 73044
(405) 282-3485

OKLAHOMA REGION NARCOTICS ANONYMOUS
Helpline: 1-866-524-7068

TITLE IX RESOURCES:

THERESA POWELL
Chief of Staff
Office of the President, Page Hall Room 102
(405) 466-3201 • theresa.graves@langston.edu

CYNTHIA BUCKLEY
Assistant Vice President, Student and Employee Services
– ADA/EEO Officer
Office of Student and Employee Services,
Page Hall Room 222
(405) 466-3204 • csbuckley@langston.edu

ASHFORD PERKINS
Academic Success Coach
University College, University Women 206
(405) 466-2044 • asperki@langston.edu

LGBTQIA RESOURCES

TREVOR PROJECT LGBTQ 24-HOURS CHAT LINE
1-866-488-7386

TRANS LIFELINE
1-877-565-8860

NATIONAL RESOURCES

NATIONAL SUICIDE PREVENTION HOTLINE
1-800-273-8255

NATIONAL RAPE & SEXUAL ASSAULT HOTLINE
1-800-656-4673

NATIONAL CHILD ABUSE HOTLINE
1-800-252-2873

NATIONAL NARCOTICS ANONYMOUS HELPLINE
1-800-974-0062

COVENANT HOUSE
(For homeless & runaway teens dealing with alcoholism and other problems).
1-800-999-9999

NATIONAL DOMESTIC VIOLENCE HOTLINE
1-800-799-7233

NATIONAL TEEN DATING HELPLINE
www.loveisrespect.org
(For teens who have been abused).
1-866-331-9474

NATIONAL HIV/AIDS & SEXUALLY TRANSMITTED DISEASES HOTLINE
1-800-3422437

NATIONAL ALCOHOLICS ANONYMOUS HELPLINE
1-212-870-3400

CRISIS TEXT LINE
Text “Start” to 741-741

MISCELLANEOUS RESOURCES

TRANSPORTATION: FIRST CAPITAL TROLLEY
www.firstcapitaltrolley.com
(Shuttle schedule on website; free for campus routes. If a the trolley is needed for personal use (such as a taxi) then there will be a charge).
341 W. Oklahoma, Guthrie, OK. 73044
(405) 282-6000

OKLAHOMA CHILD SUPPORT SERVICES
1414 S. Division Street
Guthrie, Oklahoma 73044
(405) 522-2273

LANGSTON COMMUNITY FOOD PANTRY
Located in the Langston Retail Plaza
(same location as Textbook Central and Tevin's Home Cooking Restaurant) in Suite G

LOGAN COUNTY DEPT. OF HUMAN SERVICES/ CHILD PROTECTIVE SERVICES
(Food Stamps/SNAP Applications)
1414 S. Division Street, Guthrie, Oklahoma 73044
(405) 264-2700
Child abuse/neglect hotline: 1-800-522-3511

ON-LINE LINKS AND RESOURCES FOR COPING DURING COVID-19

CDC Mental Health and Coping During COVID-19
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Mental Health Amid the Coronavirus Pandemic
<https://www.activeminds.org/about-mental-health/be-there/coronavirus/>

Surviving COVID-19: A #Real College Guide for Students
<https://hope4college.com/surviving-covid-19-a-realcollege-guide-for-students/>

Coronavirus Anxiety Workbook
<https://www.depauw.edu/files/resources/coronavirus-anxiety-workbook.pdf>

How to Survive Loss and Grief from COVID-19
<https://www.newsday.com/opinion/coronavirus/coronavirus-covid-19-loss-grief-loved-ones-death-1.43927161>

