



DEPRESSION & BIPOLAR SUPPORT ALLIANCE- OK
3000 United Founders Blvd Suite 104 Oklahoma City, OK 73112
Phone: 405-254-3994 website: www.dbsaok.org

“We have been there, we can help”

CONFIDENTIAL FREE DBSA SUPPORT GROUPS

Updated March 22, 2017

If you cannot reach the contact person listed please call the state office, 405-254-3994

Group	Day	Time	Location	Contact 1	Phone	Contact 2	Phone
Altus	Inactive				405-254-3994		
Bethany	Thursday	7:00 PM	Bethany Church of Christ 3301 N Rockwell	Iva	405-373-0059	Cynthia	405-639-9623
Claremore	Monday	6:00 PM	Meals on Wheels 715 McClellan	Trudy	918-521-9427		
Edmond	Saturday	3:00 PM	Edmond Public Library	Charlie Michelle	405-745-3270 405-330-0642	Sheila	405-844-2444
Lawton	Monday	6:30 PM	Lawton Public Library	Laura	580-536-1251	John	580-483-4942
Midwest City	Tuesday	6:30 PM	Eastside Church Of Christ 916 S. Douglas	Diane	405-679-5214	Lisa Dawn	405-510-8500 405-464-5252
Moore	1 st , 3 rd Thursday	6:00 PM	New Life Meth. 1105 NW 27th	Lindsey	405-887-5791		
Norman #1	Thursday	7:00 PM	McFarlin Methodist Church Room 229	Diane	405-503-1948	Ricky	405-625-4066
Norman #2	Monday	7:00 PM	McFarlin Methodist Church Room 402	Ricky	405-625-4066	Diane	405-503-1948
OKC - MHAO Drop-In Center 1	Saturday	2:00 PM	1311 N Lottie	Jimmy	405-418-4119		405-600-3074
OKC-MHAO Drop-In Center 2	Tuesday	12:00 Noon	1311 N Lottie	Bianca	405-999-2951		405-600-3074
OKC - All Souls	Inactive				405-254-3994		
OKC - Crossings Church	Monday	6:30 PM	Crossings Church 14600 N. Portland	Jack	405-205-4139	Thomas Neil	405-330-3873 408-368-5459
OKC – OCARTA/OCCIC Drop-in Center	Tuesday	3:00 PM	2808 NW 31st	Tyler	405-436-4083	Brandi	405-848-7555
OKC - State Office	Wednesday	12:00 PM	3000 United Founders Blvd Suite 104	George	405-413-7778		405-254-3994
Shawnee	Thursday	5:30 PM	309 N Pesotum	James	405-464-3289		
Spencer	1 st & 3 rd Saturday	3:00 PM	1 st Baptist Church 3307 N Post Rd	Church	405-769-4363		
Stillwater	Tuesday	6:30 PM	First Presbyterian Church	Karen	405- 624-1518	Bob	918-285-1233
Talehquah	Thursdays	7:00 PM	1 st Lutheran Church 2111 Mahaney Ave	Johnny	918-207-8366		
Tulsa	Inactive		All Souls Church 2952 S Peoria Ave	Larry	918-809-1152		
Yukon	Tuesday	7:00 PM	1 st Christian Church 601 Maple	Renee	405-209-7477	Cheryl	405-354-5650

Temporarily Closed: OKC South

The phone numbers listed are personal numbers of DBSA Volunteers. Please be considerate of the time and day you call. These phone numbers are NOT crisis numbers. **If you have an emergency dial 911.**