

Grandparents Raising Grandchildren Mental Health Resources



OKLAHOMA
State Department
of Health

Grandparents Raising Grandchildren (GRG) Support Group

Empowers grandparents like you by
offering support groups and other
assistance/resources

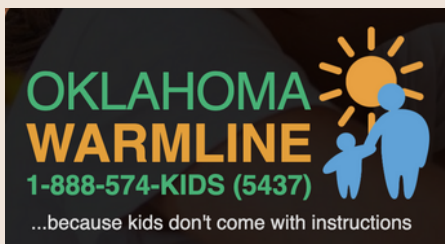
<https://sunbeamfamilyservices.org/grg/>
(405) 605-7090



Oklahoma Warmline

Offers free telephone consultations to
guardians on different topics of concern

<https://okwarmline.org/parent-resources/>
1-888-574-5437



OSDH Grandparents Raising Grandchildren

Mental Health, Nutrition, Respite Care,
and Education on Bullying

[Oklahoma.gov/health/GrandparentToolkit](https://oklahoma.gov/health/GrandparentToolkit)



Up and Away

Safety education on storing
medications and other household
items

<https://upandaway.org/en/resources/>



Put your medicines
up **AND** **away**
and out of sight

211 Oklahoma

24/7 free service across 77 counties for urgent and non emergency situations

<https://211eok.org/211-oklahoma/>
Number : 211



Mental Health Crisis

Call the Suicide and Crisis Helpline
Number : 988



Articles to Read

United States 2021 Census on Grandparents Living with Grandchildren

<https://www2.census.gov/library/publications/2024/demo/p20-588.pdf>



CDC 2023 Data on Children's Mental Health



<https://www.cdc.gov/childrensmentalhealth/data.html#:~:text=Facts%20about%20mental%20disorders%20in,diagnosed%20mental%20disorders%20in%20children.>

Need Additional Support ?

Contact us



Oklahoma
State Department
of Health - OSDH

Maternal & Child Health Service

MCH@health.ok.gov

(405) 426-8113

