

Northeast Oklahoma Community Resource Guide

Ottawa, Delaware, Craig, Mayes, Cherokee & Adair Counties

Local and regional help for food, housing and shelter, rent and utilities, addiction recovery, veterans, domestic violence, families and other basic-life needs. Includes Miami, Grove, Jay, Vinita, Pryor, Tahlequah, Stilwell and surrounding communities.

START HERE IF YOU ARE NOT SURE WHO TO CALL

Dial **2-1-1** or use 211 Eastern Oklahoma to connect with food, housing, utility, healthcare and other local services. NE Oklahoma Community Action Agency (NEOCAA) is another important starting point for residents of Adair, Cherokee, Craig, Delaware and Ottawa Counties. Because funding, pantry hours and shelter availability can change, call before traveling.

Regional Resources Serving Multiple Northeast Oklahoma Counties

211 Eastern Oklahoma

Services: Free and confidential 24/7 connection to food, utilities, housing, healthcare, transportation, crisis support and other community services.

Contact: Dial 2-1-1 | Text your ZIP code to 877-836-2111 during posted text hours

Good to know: Serves 37 Eastern Oklahoma counties and can search by need and ZIP code.

Website: 211eok.org

Northeast Oklahoma Community Action Agency (NEOCAA)

Services: Emergency rent and utility assistance, eviction prevention, homeless assistance, housing, weatherization, job/financial empowerment and referrals.

Location: 856 E Melton, Suite C, Jay, OK 74346

Contact: 918-253-4683 | Emergency Services ext. 169

Good to know: Serves Adair, Cherokee, Craig, Delaware and Ottawa Counties. Emergency funds are eligibility- and funding-dependent.

Website: www.neocaa.org

GRAND Mental Health

Services: Mental-health and substance-use treatment, crisis assessment, therapy, medication services, recovery support and resource coordination throughout Northeast Oklahoma.

Contact: 24/7 behavioral-health help: 844-458-2100

Good to know: GRAND operates across multiple Northeast Oklahoma communities. Its Jay Crisis Assessment Center operates 24/7 for behavioral-health or substance-use crises.

Website: www.grandmh.com

Oklahoma Department of Veterans Affairs - Northeast Team

Services: Veteran Service Officers help with VA claims, compensation, pension and other veteran benefits.

Contact: ODVA: 405-523-4000 | Toll-free 888-655-2838

Good to know: The Northeast ODVA team serves all six counties in this guide. Appointment availability and officer locations vary.

Website: oklahoma.gov/veterans/veterans-services/find-a-service-officer.html

Cherokee Nation Office of Veteran Affairs

Services: Benefits navigation, veteran counseling, food outreach, wellness and connections to VA and other agencies.

Location: 17725 S Muskogee Ave., Tahlequah, OK 74464

Contact: 918-772-4166

Good to know: Cherokee Nation states its Veteran Affairs staff are available to all veterans.

Website: veterans.cherokee.org

Ottawa County - Miami, Commerce, Quapaw, Wyandotte & Nearby

Salvation Army - Miami Service Center

Services: Food and other emergency/basic-needs assistance, depending on current funding and program availability.

Contact: 918-542-3467

Good to know: Current local resource listings show food assistance Tuesday through Thursday mornings. Call to confirm hours.

New Life Church of the Nazarene - Miami

Services: Hot meal, showers, laundry and food pantry.

Contact: 918-542-3547

Good to know: Current Ottawa County resource information lists Wednesday afternoon/evening service. Call before visiting.

First United Methodist Church - Miami

Services: Sack lunches, food pantry and a community blessing box.

Contact: 918-542-4404

Good to know: Current local resource information lists sack lunches Monday-Thursday and pantry assistance by contacting the church.

New Day Church - Miami

Services: Free hot meal and food pantry.

Contact: 918-542-6286

Good to know: Current resource listings show Thursday evening service. Confirm schedule before traveling.

Community Crisis Center of Northeast Oklahoma - Miami

Services: Domestic-violence, sexual-assault and stalking advocacy, safety planning, shelter-related support and victim services.

Location: 123 B St. SE, Miami, OK 74354

Contact: 24-hour hotline 800-400-0883 | Office 918-540-2275

Good to know: Also has offices in Grove, Vinita and Jay.

Website: getmeout.org

Tribal Family-Violence & Support Programs - Ottawa County

Services: Domestic-violence advocacy and family support through regional tribal programs.

Contact: Quapaw Nation Family Services 918-238-3152 | Wyandotte Nation Family Services 918-678-2297 | Eastern Shawnee Haven Program 918-544-2836

Good to know: Eligibility can vary by program; contact each program directly.

Ottawa County Food Connections

Resource	Phone / Note
First Christian Church - Miami	918-542-9816
First Presbyterian Church - Miami	918-542-3388

Inter-Tribal Council Food Program	918-542-3443
New Hope Christian Church - Miami	918-320-9955
First Baptist Church - Quapaw / Loaves & Fishes	918-674-2788
Food Bank of Eastern Oklahoma partners	Includes Miami, Quapaw, Wyandotte and tribal/community sites

Delaware County - Grove, Jay, Colcord, Kansas & Nearby

Food Pantry of Grove / Christian H.E.L.P. Center

Services: Faith-based emergency food assistance for families and individuals.

Location: 1703 E Hwy 10, Grove, OK 74344

Contact: 918-786-6798

Good to know: Current Delaware County guide lists Monday, Wednesday, Thursday and Friday, 10 AM-2 PM. Call to confirm.

Website: www.grovecos.com/missions

Christian H.E.L.P. Center - Jay

Services: Emergency food assistance.

Contact: 918-253-6168

Good to know: Call for current pantry hours, eligibility and pickup information.

Community Crisis Center of Northeast Oklahoma - Grove/Jay

Services: Domestic-violence, sexual-assault and stalking advocacy and crisis support.

Location: Grove: 411 S Main | Jay: 270 S 5th St.

Contact: 24-hour hotline 800-400-0883

Good to know: Office hours are generally weekdays; the crisis hotline is available around the clock.

Website: getmeout.org

CAAIR - Christian Alcoholics & Addicts in Recovery

Services: Faith-based, long-term residential drug and alcohol recovery program for men.

Location: Jay, OK

Contact: Contact program through current admissions information

Good to know: Voluntary one-year program. CAAIR states there is no charge; room/board, counseling, life skills and employment structure are part of the program.

Website: www.drunkenpreacher.com/index.php/caair/about-us

House of Hope - Grove

Services: Nonprofit substance-use treatment including residential inpatient services for adult men plus outpatient counseling and assessments.

Location: 4602 N Hwy 59, Grove, OK 74345

Contact: Residential 918-786-2930 | Outpatient 918-787-2242

Good to know: Call for current admission requirements, funding/payment options and availability.

Website: houseofhopegrove.com

GRAND Mental Health - Jay Crisis Assessment Center

Services: 24/7 assessment, de-escalation and referral for mental-health or substance-use crises.

Location: Jay, OK

Contact: 844-458-2100

Good to know: The Jay location transitioned to a 24/7 Crisis Assessment Center in 2025.

Website: www.grandmh.com

Craig County - Vinita & Nearby

Community Crisis Center of Northeast Oklahoma - Vinita

Services: Domestic-violence, sexual-assault and stalking advocacy, safety planning and crisis services.

Location: 128 S Wilson, Vinita, OK 74301

Contact: 24-hour hotline 800-400-0883

Good to know: Weekday office; crisis help available 24/7.

Website: getmeout.org

Salvation Army / Grand Nation - Craig County

Services: Food, utility and other emergency/basic-needs assistance depending on current program funding.

Contact: Salvation Army Vinita 918-256-2037 | Grand Nation/Salvation Army 918-276-2192

Good to know: Call first to confirm current services and required documentation.

Neighbors Helping Neighbors - Craig County

Services: Local emergency-assistance connection for households in need, including utility-related help listed by local cooperative resources.

Contact: 918-713-8088

Good to know: Call to confirm current assistance categories and funding.

GRAND Mental Health - Vinita

Services: Mental-health, addiction/recovery and crisis services.

Location: Vinita, OK

Contact: 844-458-2100

Good to know: GRAND provides behavioral-health and substance-use services throughout the region.

Craig County Food & Basic Needs

Food Bank of Eastern Oklahoma Partner Network

Services: Food pantries and mobile/community food programs throughout Craig County.

Contact: Use 211 or the Food Bank of Eastern Oklahoma pantry locator for the closest current site.

Good to know: Partner schedules can change, so search by ZIP code or call ahead.

Website: okfoodbank.org

Mayes County - Pryor, Locust Grove, Chouteau, Salina & Nearby

Pryor Home Rescue Mission

Services: Men's homeless shelter, food pantry, clothing/thrift support and holiday assistance.

Location: 640 W Graham Ave., Pryor, OK 74361

Contact: 918-825-1650

Good to know: Call for current shelter availability and pantry hours.

Website: pryorhomerescuemission.com

Pryor Ministry Center

Services: Food, clothing and essentials for people throughout Mayes County.

Location: 15 SW 3rd St., Pryor, OK

Contact: 918-824-1128

Good to know: Current community listings show Monday, Wednesday and Friday noon-3 PM plus a monthly evening distribution. ID/proof of residency may be requested.

Website: www.pryorministrycenter.com

Northstar Church Storehouse

Services: Food pantry for Mayes County households.

Location: 1700 N Hwy 69, Pryor, OK

Contact: 918-825-3045

Good to know: Current 2025-26 community resource information lists Tuesday/Thursday 10 AM-2 PM and a monthly Wednesday evening distribution.

Locust Grove Ministerial Alliance Food Pantry

Services: Food pantry plus a weekly Bible study/free lunch.

Location: 111 E Main St., Locust Grove, OK

Contact: 918-479-4017

Good to know: Current local school/community information lists Tuesday-Thursday morning pantry hours. Call to confirm.

SafeNet Services - Mayes County

Services: Domestic-violence and sexual-assault advocacy, shelter-related services, court advocacy, counseling and safety planning.

Contact: Crisis 918-341-9400 or 888-372-9400 | Pryor office 918-825-0190

Good to know: Certified Oklahoma domestic-violence/sexual-assault provider serving Mayes County.

Website: www.safenetservices.org

Community Action Resource & Development (CARD) - Pryor

Services: Emergency utility assistance and community-action support for low-income Mayes County households.

Contact: 918-825-3423

Good to know: Funding and eligibility change. Call about utility shutoff prevention and other available programs.

First United Methodist Church - Pryor

Services: Rent/utility help, prescriptions and other assistance when funds are available.

Location: 400 E Graham Ave., Pryor, OK 74361

Contact: 918-825-0346

Good to know: Assistance depends on available church funds; call before visiting.

Cherokee County - Tahlequah, Park Hill & Nearby

Tahlequah Men's Shelter

Services: 12-bed shelter for men experiencing homelessness, with case management, peer recovery support, transportation and housing/treatment referrals.

Location: 118 W Keetoowah St., Tahlequah, OK 74464

Contact: Shelter 918-708-9474 | Business office 539-246-3368

Good to know: Office hours are listed Monday-Friday, 9 AM-6 PM. Call for current bed availability.

Website: www.tahlequahmensshelter.com

Tahlequah Day Center / Zoe Institute

Services: Daytime resource support for people experiencing homelessness or serious basic-needs hardship.

Location: 309 S Muskogee Ave., Tahlequah, OK

Contact: 918-453-9778

Good to know: Can serve as a connection point for food, basic needs and housing-related referrals.

Help In Crisis

Services: Domestic-violence shelter, transitional housing, crisis advocacy and counseling for Adair and Cherokee Counties (also serves Sequoyah and Wagoner).

Location: 205 N College Ave., Tahlequah, OK 74464

Contact: 24-hour crisis hotline 800-300-5321 | Office 918-456-0673

Good to know: Certified Oklahoma domestic-violence/sexual-assault provider.

Website: helpincrisisinc.org

CARE Food Pantry - Tahlequah

Services: Emergency food assistance.

Location: Tahlequah, OK

Contact: 918-458-5338

Good to know: Current state/local food resource lists show recurring weekday pantry service. Call for the current address/hours before visiting.

Feed My Sheep - First United Methodist Church

Services: Free community meal.

Location: 301 W Delaware St., Tahlequah, OK 74464

Contact: 918-456-6141

Good to know: Current state resource information lists meals Thursdays from 5-6 PM. Confirm before traveling.

Cherokee Nation Substance Use Services

Services: Substance-use assessment, treatment and recovery support.

Location: 100 Bliss Ave., Tahlequah, OK

Contact: 918-458-3100

Good to know: Call for eligibility, treatment level and current intake procedures.

Working to Recover and Prevent (WRAP)

Services: Local recovery and peer-support connection.

Location: 113 W Keetoowah St., Tahlequah, OK

Contact: 918-931-3700

Good to know: Listed as a recovery partner by Tahlequah Men's Shelter.

Adair County - Stilwell & Nearby

Stilwell Food Pantry / Adair County Resource Center

Services: Food pantry for Stilwell-area households.

Location: 110 S 2nd St., Stilwell, OK 74960

Contact: 918-696-4470

Good to know: Current state food resource list shows first and third Thursday morning service. Call to confirm.

First United Methodist Church - Stilwell

Services: Food pantry and counseling/basic-needs support.

Location: 4 N 3rd St., Stilwell, OK 74960

Contact: 918-696-2484

Good to know: Call for current pantry hours and available assistance.

Catholic Charities Rural Outreach - Adair County

Services: Food and rural outreach/basic-needs assistance.

Location: 1801 W Locust St., Stilwell, OK 74960

Contact: Use 211 or Catholic Charities Eastern Oklahoma for current outreach contact

Good to know: Food Bank of Eastern Oklahoma has listed the Adair County rural outreach as a partner site.

Help In Crisis - Adair County

Services: Domestic-violence shelter, transitional housing, advocacy and counseling.

Contact: 24-hour crisis hotline 800-300-5321 | Tahlequah office 918-456-0673

Good to know: Certified provider serving Adair County.

Website: helpincrisisinc.org

NEOCOA - Adair County

Services: Emergency rent/utility assistance, eviction prevention, homeless help, weatherization and referrals.

Contact: 918-253-4683

Good to know: Adair County is included in NEOCAA's five-county service area.

Website: www.neocaa.org

Quick Contact Page

Need	Start with
Not sure where to begin	211 Eastern Oklahoma - dial 2-1-1
Rent / utilities (5-county NEOCAA area)	NEOCAA 918-253-4683
Ottawa food / basic needs	Salvation Army Miami 918-542-3467
Delaware food	Food Pantry of Grove 918-786-6798
Craig crisis / domestic violence	Community Crisis Center 800-400-0883
Mayes homeless men / food	Pryor Home Rescue Mission 918-825-1650
Mayes domestic violence	SafeNet 918-341-9400 / 888-372-9400
Cherokee homeless men	Tahlequah Men's Shelter 918-708-9474
Cherokee/Adair domestic violence	Help In Crisis 800-300-5321
Men's long-term addiction recovery	CAAIR - Jay
Substance-use treatment - Grove	House of Hope 918-786-2930
Mental-health / substance-use crisis	GRAND Mental Health 844-458-2100
Veteran benefits	ODVA 888-655-2838 Cherokee Nation Veterans 918-772-4166

Before You Go

- Call first to verify pantry hours, shelter beds, recovery openings, eligibility and available funding.
- Bring photo ID if available, plus paperwork related to the need: lease/eviction notice, utility shutoff notice, proof of income/benefits, household information or veteran documentation.
- If a local office is outside your county, ask whether the program serves your ZIP code. Many Northeast Oklahoma providers operate regionally.
- For tribal programs, ask whether services are limited by citizenship/eligibility; some programs are open more broadly while others are not.
- If one agency cannot help, ask for a same-day referral to another provider. 211 and community-action agencies can often identify the next option.

Information reviewed August 24, 2026. Sources included current Oklahoma state resources, 211 Eastern Oklahoma, NEOCAA, local government/community guides, Food Bank of Eastern Oklahoma, certified domestic-violence provider listings, veteran-service resources and current organization websites. Program hours, funding, eligibility and shelter/recovery availability can change quickly. This guide is a starting point and does not guarantee services or placement.

Prepared as a community resource guide for Sheep n Fish Fellowship.