



**Farm Stress Resources by Soy State
National Farm Stress Resources for U.S. and Canada
May 1, 2022**

#SoyHelp

Arkansas

Arkansas Crisis Center

Crisis Line is available 24/7: 888-274-7472

Good resources for seeking help available on the [ACC website](#).

Arkansas Department of Human Services

Arkansas Lifeline Call Center

The Arkansas Lifeline Call Center (**1-800-273-8255**) is available **24/7**. This call center housed within the ADH answers calls from Arkansans to the National Suicide Prevention Lifeline. Call takers can route Arkansans to local resources.

The Arkansas Dept of Human Services has [online help options](#) including finding a treatment [provider](#), seeking help for suicidal thoughts and behaviors, finding substance abuse providers, seeking [peer recovery](#) support, and more.

NAMI Arkansas

National Alliance on Mental Health Arkansas offers support groups and resources to Alabamians; The families and members of NAMI Alabama offer understanding to anyone concerned about mental illnesses and the treatment of mental illness.

The NAMI Arkansas [home page](#) has a map for finding **local affiliates in the state, support groups, resources, and crisis support numbers**.

Arkansas Mental Health Services

Many people don't realize that publicly-funded mental health services are available in their state. People looking for free or low-cost counseling often think their only options are counselors in private practice and don't know that publicly-funded providers in their communities may also offer counseling services.

The [Open Counseling](#) page offers easy guidance on when you should go to a state mental health program, who is eligible, and how to find out more.

Resources to Recover (RtoR.org) – A Gateway to Mental Health Services

While these state resources and the following national resources are by no means exhaustive, ASA hopes they will be helpful in seeking qualified professional care.



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RtoR.org is a mental health website for families and individuals to connect them with mental health resources. A [state resource directory](#) is available online.

Louisiana Interchurch Conference (LIC)

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LIC is a statewide association of churches representing 15 denominations. The LIC strives to foster greater visible Christian unity through common worship, study and social outreach. Financial, educational and counseling services are available to farmers through this office. Arkansas is in the LIC service area.