



**Farm Stress Resources by Soy State**  
**National Farm Stress Resources for U.S. and Canada**  
**May 2023**  
**#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.

*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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UAMS Health AR ConnectNow

[AR ConnectNow](#) is a comprehensive behavioral health treatment program created to provide care to all Arkansans dealing with a variety of mental health issues, from substance abuse disorders to mental illnesses ranging from anxiety and depression to bipolar disorder and schizophrenia.

**Call Center and Virtual Clinic**

If you are struggling with mental health issues like depression, anxiety and/or stress, contact the AR ConnectNow call center at 501-526-3563 or 800-482-9921. The call center is available 24 hours a day, seven days a week.

The **AR ConnectNow virtual clinic** operates Monday through Friday, 8 a.m. to 5 p.m.

AR ConnectNow's website also features a list of statewide mental health resources categorized by region and specific services [here](#).

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

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.

**988: Suicide prevention and crisis support.**

988 is the new, 3-digit suicide prevention and crisis support available nationwide, including Arkansas. You can either **call or text** to connect with behavioral or mental health crisis services.

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

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