

# Arkansas



If someone is in emotional distress or crisis, these are 24/7 statewide resources:

- 988 Suicide & Crisis Lifeline – Call or text 988
- AR ConnectNow Mental Health Line – 📞 800-482-9921
- Arkansas Mental Health & Addiction Support Line – 📞 844-763-0198
- 211 Arkansas – Dial 211 for housing, food, and mental health referrals

💡 Arkansas offers 24/7 crisis help, referrals, and treatment connections statewide, including support for those without insurance.

🌐 [Find Substance Abuse or Mental Health Treatment - Arkansas Department of Human Ser...](#)

## Mental Health Services & Counseling


Arkansas operates a network of Community Mental Health Centers that provide:

- Free or sliding-scale therapy
- Psychiatric care & medication
- Crisis stabilization
- Case management
- Substance-use treatment

📍 These centers are often the best starting point for low-income or uninsured individuals.

### Key Providers by Region

## Central Arkansas (Little Rock Area)

- Our House Shelter  Resources  
Offers housing assistance, mental health resources, job training, and case management.
- The BridgeWay Hospital  
Psychiatric hospital providing inpatient and outpatient mental health treatment.

## Northwest Arkansas (Fayetteville, Springdale, Rogers)

- Ozark Guidance Center  
Counseling, crisis services, and behavioral health care for adults and children.
- Vantage Point Behavioral Health Hospital  
Acute psychiatric care and inpatient services.

## Northeast Arkansas (Jonesboro Area)

- Mid-South Health Systems  
Community mental health services, crisis support, and addiction treatment.

## Southwest Arkansas

- Southwest Arkansas Counseling and Mental Health Center  
Therapy, psychiatric services, and substance-use treatment.

# Addiction Recovery & Rehabilitation Programs

## Statewide Treatment Options

Arkansas offers **state-funded rehab programs (50+ facilities)** including:

- Detox services
- Residential treatment
- Outpatient programs
- Medication-assisted treatment [https://www.alltreatment.com/ar/state-financed/?utm\\_source=chatgpt.com](https://www.alltreatment.com/ar/state-financed/?utm_source=chatgpt.com)

## Major Rehab & Recovery Centers

- The BridgeWay  
Detox, inpatient, and outpatient addiction recovery.
- Freedom House Recovery Center  
State-funded residential addiction recovery programs.

- Recovery Centers of Arkansas  
Long-term residential recovery and transitional programs.

## Free & Low-Cost Rehab Access

- Arkansas DHS provides:
  - Substance-use counseling
  - Family therapy
  - Medication support
  - Crisis intervention
  - Programs for pregnant women & mothers

Call 844-763-0198 to be connected to free or low-cost treatment options

## Shelters & Housing Assistance

### Emergency Shelters

- Union Rescue Mission  
Emergency shelter, meals, and recovery programs.
- Jericho Way  
Day resource center for homelessness support and services.
- Seven Hills Homeless Center  
Shelter, food programs, and case management.

### Transitional & Sober Living Housing

Arkansas has transitional housing across many cities, including:

- Little Rock
- Fayetteville
- Fort Smith
- Rogers
- Conway

These programs provide:

- Stable housing after rehab
- Job assistance
- Life-skills support

 Transitional housing is available in 20+ Arkansas cities.

## Rural & Statewide Support Resources

Arkansas has many rural communities, and support is available through:

- Telehealth therapy programs
- Community outreach centers
- Statewide provider directories