**Suicide Help Resources**



The Trevor Project

1(866)488-7386

Text START to 678678

Arkansas Crisis Line

1(888)274-7472

Crisis Text Line

Text 741741

Trans Life Line

(415)877-565-8860

Lifeline for Vets

(888)777-4443



**Grief Support Groups**

Grief Support (United Methodist)

501-270-3234

**Counseling Services**

Heber Springs Chenal Family Counseling

(501)781-2230

Quapaw House Heber

(501)362-1987

Families, Inc Heber

(501)305-2359

Grief Counseling

(501)365-3022



**Churches** ([gaychurch.org](http://gaychurch.org/))

Hope Lutheran Church

(501)362-6544

First United Methodist Church

(501)362-2696

Assembly of God Church

(501)362-3379