

## Mental Health Services Available in Central Arkansas

### Remember your local EAP providers!

- These providers have agreed to be listed in order to serve the mental health needs of first responders.
- Many have worked with first responders in the past; all are trained in trauma-informed therapy methods.
- Your correspondence and care with them will remain completely confidential.
- These providers have no direct affiliation with any department or company.
- They also are not directly affiliated with the research team.
- You will need to follow-up with your health insurance regarding these services, although we have attempted to include the insurances that each accept.

| <b>CENTRAL ARKANSAS</b>  |                                      |  |
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| <p><b>Bradford Health</b><br/>Specialized help in substance abuse treatment<br/>Multiple providers available</p> <p>Most insurances accepted; in network for UHC<br/>Private pay, payment plans, and scholarships available</p>  | <p>501-725-8008<br/>888-577-0012</p> | <p>11215 Hermitage Rd, Suite 204<br/>Little Rock, AR 72211</p> <p style="text-align: center;"><a href="http://www.bradfordhealth.com">www.bradfordhealth.com</a></p>                                   |
| <p><b>Chenal Family Therapy</b><br/>Alisa Anthony, MS, LAC, CSOTP<br/>Served in law enforcement<br/>Multiple providers available</p> <p>Most insurances accepted; in network for UHC<br/>Private pay and payment options available</p>   | <p>501-781-2230</p>                  | <p>Multiple Locations<br/>10800 Financial Centre Pkwy.<br/>Suite 290<br/>Little Rock, AR 72211</p> <p style="text-align: center;"><a href="http://www.chenaltherapy.com">www.chenaltherapy.com</a></p> |
| <p><b>Hillcrest Therapy Center</b><br/>Kate Richards, LCSW</p> <p>Most insurances accepted; private pay available</p>  | <p>888-Therapy<br/>888-843-7279</p>  | <p>5506 W Markham St<br/>Little Rock, AR 72205</p> <p style="text-align: center;"><a href="http://www.hillcresttherapycenter.com">www.hillcresttherapycenter.com</a></p>                               |
| <p><b>New Beginnings Behavioral Health</b><br/>Multiple providers available</p> <p>Most insurances accepted; in network for UHC<br/>Private pay available</p>  | <p>501-663-1837</p>                  | <p>1 Lile Ct., Suite 200<br/>Little Rock, Arkansas 72205</p> <p style="text-align: center;"><a href="http://www.nbbhs.org">www.nbbhs.org</a></p>   |
| <p><b>RiverStone Wellness Center</b><br/>Multiple providers available</p> <p>Most insurances accepted;<br/>Private pay and payment options available</p>   | <p>501-777-3200</p>                  | <p>5905 Forest Place, Suite 230<br/>Little Rock, AR 72207</p> <p style="text-align: center;"><a href="http://www.riverstonewellnesscenter.com">www.riverstonewellnesscenter.com</a></p>                |
| <p><b>Natural State Recovery Centers</b><br/>Specialized help in substance abuse treatment<br/>Alisa Anthony, MS, LAC, CSOTP<br/>Served in law enforcement<br/>Multiple providers available</p> <p>Most insurances accepted;<br/>Private pay and payment options available</p> | <p>501-319-7074</p>                  | <p>3600 Cantrell Rd., Suite 303<br/>Little Rock, AR 72202</p> <p style="text-align: center;"><a href="http://www.naturalstaterecovery.com">www.naturalstaterecovery.com</a></p>                        |
| <p><b>Mindful Thoughts Therapy</b><br/>Cynthia Sewell<br/>Air National Guard veteran</p> <p>Private pay only; payment options available</p>  | <p>501-438-9176</p>                  | <p>Little Rock, Arkansas</p> <p style="text-align: center;"><a href="http://www.mindfultoughtstherapy.com">www.mindfultoughtstherapy.com</a></p>   |

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| <b>Hinton, Parent, and Assoc.</b><br>Jessica Henry, LCSW<br>Tele-Services Available (Online, Call)<br><br>Most insurances accepted; in network for UHC<br>Private pay and payment options available | 501-392-5285                | 7816 Hwy 107<br>Sherwood, Arkansas  |
| <b>Meridien Psychological Services, Inc.</b><br>Rosemary Burns<br>Tele-Services Available (Online, Call)<br><br>Most insurances accepted;<br>Private pay and payment options available              | 501-765-9525                | 125½ N. Market St.<br>Benton, AR 72015<br><br><a href="http://www.meridiempych.com">www.meridiempych.com</a>  |
| <b>Epoch Counseling &amp; Consulting, PLLC</b><br>Jodie Tipton<br>Tele-Services Available (Online, Call)<br><br>Private pay only, payment options available<br>FSA/HSA payments accepted            | 501-428-0935                | 7 Medical Lane, Suite H<br>Conway, AR 72034<br><br><a href="http://www.epochcc.com">www.epochcc.com</a>   |
| <b>Peace of Mind Counseling Centers, PLLC</b><br>Ginger Blacksmith, MA, LPC<br>Former EMT<br><br>Most insurances accepted; in network for UHC<br>Private pay and payment options available          | 501-581-7703                | 19 Business Park, Suite 5<br>Greenbrier, AR 72058<br><br><a href="http://www.peaceofmindcounselingcenters.org">www.peaceofmindcounselingcenters.org</a> |
| <b>If a student at UALR:</b><br>Free counseling services available  | 501-569-3185                | <a href="http://www.ualr.edu/counseling">www.ualr.edu/counseling</a>  |
| <b>If a student at UAMS:</b><br>Free services at Student Wellness Clinic  | 501-686-848<br>479-858-7111 | <a href="http://www.studentwellness.uams.edu">www.studentwellness.uams.edu</a>  |
| <b>If a student at SAU Tech:</b><br>Free counseling services available  | 870-574-4530                | <a href="http://www.sautech.edu/personal-counseling-services">www.sautech.edu/personal-counseling-services</a>  |
| <b>NORTHWEST ARKANSAS</b>   |                             |   |
| <b>Vitality Yoga and Wellness</b><br>Jessica Fowler, APRN, PMHNP, RYT-200<br><br>Blue Cross, Blue Shield and private pay only.  | 479-402-1899                | 1501 SE Walton Blvd, Suite 203<br>Bentonville, AR 72712<br><br><a href="http://www.vitalityyogaandwellness.com">www.vitalityyogaandwellness.com</a>     |
| <b>NWA Christian Counseling</b><br>Debbie Brooks, LCSW<br><br>Most insurances accepted; in network for UHC<br>Private pay and payment options available   | 479-361-8036                | 1709 Johnson Road<br>Springdale, AR 72762<br><br><a href="http://www.nwachristiancounseling.com">www.nwachristiancounseling.com</a>                     |
| <b>Nikki Penn Counseling &amp; Consulting, PLLC</b><br>Nikki Penn LPC-S, LMFT-S<br>Former EMT; firefighter spouse<br>Tele-Services Available (Online, Call)   | 870-793-0071                | 1275 E. College Street<br>Batesville, Arkansas 72501<br><br><a href="http://www.nikipenn.com">www.nikipenn.com</a>                                      |

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| Most insurances accepted;<br>Private pay and payment options available   |              |   |
| <b>Professional Christian Counseling</b><br>Harold Taylor, LAMFT, LAC, DCC<br>Retired Army officer and combat vet<br><br>Special priority & rates for first responders.<br>Private pay only. | 479-858-7111 | 814 W B St.<br>Russellville, AR 72801   |
| <b>NORTHEAST ARKANSAS</b>  |              |   |
| <b>Monika Rone, LPC</b><br>Tele-Services Available (Online, Call)<br><br>Most insurances accepted; in network for UHC<br>Private pay and payment options available                           | 870-307-5337 | 1121 S. Main St.<br>Jonesboro, AR 72401<br><a href="http://monikaronecounseling.com">monikaronecounseling.com</a> |
| <b>SOUTHWEST ARKANSAS (TBA)</b>  |              |   |
| <b>SOUTHEAST ARKANSAS (TBA)</b>  |              |   |

**If you are actively feeling suicidal, please call 911 or the  
Suicide Prevention Lifeline at: 1-800-273-8255**

Sara Jones, Ph.D., APRN, PMHNP-BC  
University of Arkansas for Medical Sciences, College of Nursing  
Office: 501-526-7846  
Email: [SLJones@uams.edu](mailto:SLJones@uams.edu)