

## Mental Health Services Available Across 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.

<p><b>Bradford Health</b> Specialized help in substance abuse treatment Multiple providers available</p> <p>Most insurances accepted; in network for UHC Private pay, payment plans, and scholarships available</p>	<p>501-725-8008 888-577-0012</p>	<p>11215 Hermitage Rd, Suite 204 Little Rock, AR 72211</p> <p><a href="http://www.bradfordhealth.com">www.bradfordhealth.com</a></p>
<p><b>Chenal Family Therapy</b> Alisa Anthony, MS, LAC, CSOTP Served in law enforcement Multiple providers &amp; locations available</p> <p>Most insurances accepted; in network for UHC Private pay and payment options available</p>	<p>501-781-2230</p>	<p>West Little Rock: 10800 Financial Centre Pkwy. Suite 290, Kirkpatrick Plaza Little Rock, AR 72211</p> <p><a href="http://www.chenaltherapy.com">www.chenaltherapy.com</a></p>
<p><b>Chenal Family Therapy</b> David Lengefled, LPC Also a reserve law enforcement officer</p> <p>Most insurances accepted; in network for UHC Private pay and payment options available</p>	<p>501-781-2230</p>	<p>Saline Co.</p> <p><a href="http://www.chenaltherapy.com">www.chenaltherapy.com</a></p>
<p><b>Hillcrest Therapy Center</b> Kate Richards, LCSW</p> <p>Most insurances accepted; private pay available</p>	<p>888-Therapy 888-843-7279</p>	<p>5506 W Markham St Little Rock, AR 72205</p> <p><a href="http://www.hillcresttherapycenter.com">www.hillcresttherapycenter.com</a></p>
<p><b>The Family Center</b> Lesla Lackey Doan</p> <p>Most insurances accepted; in network for UHC Private pay available</p>	<p>501-221-2811</p>	<p>11215 Hermitage Rd., Suite 200 Little Rock, AR 72211</p> <p><a href="http://www.thefamilycenterar.com">www.thefamilycenterar.com</a></p>
<p><b>RiverStone Wellness Center</b> Multiple providers available</p> <p>Most insurances accepted; Private pay and payment options available</p>	<p>501-777-3200</p>	<p>5905 Forest Place, Suite 230 Little Rock, AR 72207</p> <p><a href="http://www.riverstonewellnesscenter.com">www.riverstonewellnesscenter.com</a></p>
<p><b>Natural State Recovery Centers</b> Specialized help in substance abuse treatment Alisa Anthony, MS, LAC, CSOTP Served in law enforcement</p> <p>Most insurances accepted; Private pay and payment options available</p>	<p>501-319-7074</p>	<p>3600 Cantrell Rd., Suite 303 Little Rock, AR 72202</p> <p><a href="http://www.naturalstatercovery.com">www.naturalstatercovery.com</a></p>

<b>Mindful Thoughts Therapy</b> Cynthia Sewell Air National Guard veteran  Private pay only; payment options available	501-438-9176	Little Rock, Arkansas  <a href="http://www.mindfultoughtstherapy.com">www.mindfultoughtstherapy.com</a>
<b>Hinton, Parent, and Assoc.</b> Jessica Henry, LCSW Tele-Services Available (Online, Call)  Most insurances accepted; in network for UHC Private pay and payment options available	501-392-5285	7816 Hwy 107 Sherwood, Arkansas
<b>Meridiem Psychological Services, Inc.</b> Rosemary Burns Tele-Services Available (Online, Call)  Most insurances accepted; Private pay and payment options available	501-765-9525	125½ N. Market St. Benton, AR 72015  <a href="http://www.meridiempsych.com">www.meridiempsych.com</a>
<b>Epoch Counseling &amp; Consulting, PLLC</b> Jodie Tipton Tele-Services Available (Online, Call)  Private pay only, payment options available FSA/HSA payments accepted	501-428-0935	7 Medical Lane, Suite H Conway, AR 72034 <a href="http://www.epochcc.com">www.epochcc.com</a>
<b>Peace of Mind Counseling Centers, PLLC</b> Ginger Blacksmith, MA, LPC Former EMT  Most insurances accepted; in network for UHC Private pay and payment options available	501-581-7703	19 Business Park, Suite 5 Greenbrier, AR 72058  <a href="http://www.peaceofmindcounselingcenters.org">www.peaceofmindcounselingcenters.org</a>
<b>If a student at UALR:</b> Free counseling services available	501-569-3185	<a href="http://www.ualr.edu/counseling">www.ualr.edu/counseling</a>
<b>If a student at SAU Tech:</b> 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>Professional Christian Counseling</b> Harold Taylor, LAMFT, LAC, DCC Retired Army officer and combat vet  Special priority & rates for first responders. Private pay only.	479-858-7111	814 W B St. Russellville, AR 72801
<b>NWA Christian Counseling</b> Debbie Brooks, LCSW  Most insurances accepted; in network for UHC Private pay and payment options available	479-361-8036	1709 Johnson Road Springdale, AR 72762  <a href="http://www.nwachristiancounseling.com">www.nwachristiancounseling.com</a>

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<b>Vitality Yoga and Wellness</b> Jessica Fowler, APRN, PMHNP, RYT-200  Blue Cross, Blue Shield and private pay only.	479-402-1899	1501 SE Walton Blvd, Suite 203 Bentonville, AR 72712  <a href="http://www.vitalityyogaandwellness.com">www.vitalityyogaandwellness.com</a>
<b>Shared Families of Northwest Arkansas</b> Amanda Childs, LCSW  BCBS accepted; in network for UHC Private pay available	479-274-8271	1803 SW Regional Airport Blvd Ste 5 Bentonville, Arkansas 72712  <a href="http://www.familiesnwa.com">www.familiesnwa.com</a>
<b>NORTHEAST ARKANSAS</b>		
<b>Nikki Penn Counseling &amp; Consulting, LLC</b> Nikki Penn LPC-S, LMFT-S Former EMT; firefighter spouse Tele-Services Available (Online, Call)  Most insurances accepted; Private pay and payment options available	870-793-0071	1275 E. College Street Batesville, Arkansas 72501  <a href="http://www.nikipenn.com">www.nikipenn.com</a>
<b>Monika Rone, LPC</b> Tele-Services Available (Online, Call)  Most insurances accepted; in network for UHC Private pay and payment options available	870-307-5337	1121 S. Main St. Jonesboro, AR 72401 <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**

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