Our House

LITTLE ROCK LOW-INCOME MENTAL HEALTH RESOURCE GUIDE

PROVIDER	ACCEPTED INSURANCE	ADULTS	YOUTH	CHILDREN	INPATIENT	OUTPATIENT	DAY TREATMENT	RESIDENTIAL	SCHOOL BASED	ADMISSIONS	ADDITIONAL INFORMATION	CONTACT INFORMATION
Baptist Health Behavioral Clinic 11321 Mabelvale West #304	Most insurance & Medicaid	●	●			●				Call to schedule; additional NLR location	Comprehensive counseling services	501-202-7587 (main)
Behavioral Health Services of AR 10 Corporate Hill Dr #330	Most insurance & Medicaid	●	●	●		●				Complete online forms at bhsarkansas.org	Trauma informed care center	501-954-7470 (main) 501-413-9949 (emergency)
Centers for Youth & Families 1521 Merrill Dr Suite D200	Most insurance & Medicaid	●				●	●			Outpatient Counseling Center w/ same day access	Can work with clients who do not have insurance	501-664-4308 (main) 888-868-0023 (toll-free)
Centers for Youth & Families 6601 W 12th St	Most insurance & Medicaid		●	●		●	●	●		Call for admissions	Day treatment available	501-664-4308 (main) 888-868-0023 (toll-free)
Chenal Family Therapy of LR 10311 W Markham	Medicare, Medicaid, Most insurance	●	●	●		●				Proof of income required if paying on a sliding scale	Medicaid accepted at NLR location (2504 McCain Blvd #200)	501-781-2230 (main)
CHI St. Vincent Behavioral Health 2 St. Vincent Cir	Most insurance, Medicare, Medicaid	●			●					Visit hospital or local emergency room for screening	Outpatient currently closed	501-552-5777 (inpatient)
Families, Inc. of Jacksonville 2126 N 1st St Suite F, Jacksonville	Medicaid & Private	●	●	●		●			●	Must be referred by Primary Care Physician or school	Outpatient program	501-982-5000 (main) 877-595-8869 (toll-free)
Inspiration Day Treatment 11700 Kanis Rd #2	Medicare or Medicaid only	●					●			Call for admissions; Mon - Fri, 8a - 4:30p	Rehabilitative Days Services available	501-221-1941 (main)
JCCSI: Open Hands Clinic 3000 Springer Blvd Suite B	Most insurance, Medicare, Medicaid	●				●				Healthcare for the Homeless	Additional locations on University and in NLR	501-244-2121 (main) 870-543-2380
Life Strategies Counseling Inc. 3358 S 2nd St, Cabot	Most insurance, Medicare, Medicaid; ARKids	●	●	●		●				Comprehensive couseling for adults and children aged 4+	13 locations thoughout Arkansas	501-286-6053 (main)
Methodist Family Health 1600 Aldersgate Rd #200	Most insurance, Medicaid, ARKids	●	●	●	●	●		●	●	Call 501-803-3388 for an appointment	Day treatment schools for children	501-661-0720 (main) 866-813-3388 (toll-free)
Professional Counseling Assoc. 4354 Stockton Dr, NLR	Medicare, Medicaid, Sliding Fee	●				●				Call for admissions; at-risk youth program available	Emergency services and satellite offices available	501-955-7600 (main) 800-356-3035 (crisis)
Rivendell Behavioral Health 100 Rivendell Dr, Benton	Most private insurance & Medicare	●	●	●	●	●				Referrals from individual, family, or professional	Free assessments offered 24/7	501-316-1255 (main) 800-264-5640 (toll free)
The Bridgeway 21 Bridgeway Rd, NLR	Most insurance, Medicare, ARKids	●	●	●	●	●		●		No cost assessments on site or mobile 24/7	Offers partial hospitalization and ECT	501-771-1500 (main) 888-245-2651 (crisis line)
Pinnacle Pointe 11501 Financial Center Pwky	All insurance	●	●	●	●	●	●	●	●	Assessment before admission into the program	Outpatient services at 400 Hardin Rd #150	501-223-3322 (main) 800-800-3322 (toll-free)
UAMS Psychiatric Research 4224 Shuffield Dr	Most insurance, Medicare, Medicaid	●	●	●	●	●			●	More info on next page	More info on next page	501-526-8100 (main)
Unity Behavioral Health 1400 Braden St, Jacksonville	Most insurance, Medicare, Medicaid	●	●	●	●	●				Call for admissions; unity-health.org/services/behavioral-health	Locations in Searcy, Cabot, Heber Springs, & Newport	844-255-8229 (toll-free) 501-453-6000
Woodland International Research 910 Autumn Rd	N/A	●	●	●	●			●		Call to enroll in study	Paid psych research studies; free transportation if needed	501-221-8681 (main)
Youth Home 20400 Colonel Glenn Rd	Tricare East & West; CHAMPVA; Medicaid		●	●						Residential Program for AR Medicaid & TRICARE youth	Residential program for DCFS custody youth (Girls 12-17, Boys 10-17)	501-821-5500 (main)

AR Connect Now If you are struggling with mental health issues like depression, anxiety and/or stress, contact the UAMS Health 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 UAMS Health AR ConnectNow virtual clinic operates Monday through Friday, 8 a.m. to 5 p.m.

Our House

LITTLE ROCK LOW-INCOME MENTAL HEALTH RESOURCE GUIDE

PROVIDER	CONTACT INFORMATION
Suicide Prevention, Crisis Lines & Support Groups	
National Emergency Number:	Please dial **911** if you are in immediate danger | Suicide prevention, crisis lines, and support groups
Crisis Text Line:	Text **HOME** to **741741** for free, 24/7 support | Serves anyone, in any type of crisis
National Suicide Prevention	Provides 24/7, free, confidential support for people in distress & prevention resources | Call **988** (English and en Espanol) | For Deaf & Hard of Hearing, visit **988lifeline.org**
P.A.T.H. Human Trafficking Line:	Call **501-376-1686** or **1-888-373-7888**
National Alliance on Mental Illness:	Visit **namiarkansas.org** for more information about support groups in Little Rock | **800-844-0381**
National Domestic Violence Hotline:	For any victims and survivors who need support, call **1-800-799-7233**, or if you're unable to speak safely, you can chat online at **thehotline.org** or text **START** to **88788**.
LGBTQ+ Support	
Trans Lifeline:	Call **877-565-8860** | 24/7 service run by trans people for trans & questioning callers
InTRANSitive:	Educates and celebrates the Trans Community in Arkansas | @intransitive.AR on Facebook or **intransitive.org**
AR Transgender Equality Coalition:	(ARTEC) Resources for transgender and gender non-conforming persons | Visit **itgetsbetter.org**
The Trevor Project:	Crisis intervention & suicide prevention for LGBTQ+ youth | Call **866-488-7386** for the 24/7 Trevor Lifeline | Chat online at **thetrevorproject.org** or text **START** to **678678** (Mon - Fri, 2 - 9p)
UAMS Psychiatric Research Institute	
STRIVE:	School based program providing therapy & medication management | Call **501-771-8261** for an appt.
Child Diagnostic Unit:	The only inpatient program in the state that offers psychological, medical, psychiatric, language, life skills, and motor assessment for children (ages 5 - 12) | Call **501-526-8502** for more information
Walker Family Clinic:	Adult psychiatric evaluation, medication management, neuropsychological testing, as well as psychotherapy for individuals and families | Call **501-526-8200** to schedule an appointment
5 North:	Inpatient unit for female patients | Staff available 24/7 | Services include expanded visitation, accommodation for new mothers, and holistic healing | Call **501-526-8100** for more information
Child Study Center (Arkansas Children's Hospital):	Outpatient program providing consultation, assessment, and management for those with psychiatric conditions | Call **501-364-5150** for more information
AR ConnectNow:	24/7-accessible virutal therapy clinic for all ages, anywhere in Arkansas | Call **800-482-9921** to schedule | Assistance available for uninsured or underinsured | Visit uamshealth.com/ar-connectnow/ for more resources
Six Bridges Clinic:	Outpatient substance use treatment for ages 12-21 | Call **501-526-8487** to schedule
Support for Military Personnel & Veterans	
Veterans Day Treatment Center:	1000 S Main St, Little Rock, AR 72202 | Call **501-244-1900** for more information
Veterans Crisis Line:	Call **988** and press **1** or text **838255** | 24/7 help for veterans in crisis
CAVHS Eugene J. Towbin Healthcare Center:	2200 Ft. Roots Dr, NLR, AR 72114 | **501-257-1000** | Services offered include acute inpatient, dual diagnosis, serious MH illness and geri-psych, MH intensive case management, primary care MH integration, PTSD clinical team, military sexual trauma recovery, MH residential rehab | Visit maketheconnection.net/resources/#va-resources to find more VA resources
CAVHS John L. McClellan VA Medical Center:	4300 W 7th St, LR, AR 72205 | **501-257-1000** | Services offered include women's veteran program, evaluations and referrals for mental health issues, post deployment adjustment, anger management, sexual trauma, elder abuse, parenting issues, family stressors, care coordination

OUR HOUSE RESOURCES

AVAILABLE CLASSES

Our House has a rotating monthly schedule of classes that are offered pertaining to mental health, wellness, job training, recovery, and more.

View a schedule of our current classes at ourhouseshelter.org/careercentercalendar

CONTACT INFORMATION

302 E Roosevelt Rd, LR, AR 72206

To learn more and enroll, attend a Career Center orientation by calling (501) 291-0584

This guide is meant to provide information for low-income and under-insured individuals about mental health resources in the Little Rock metropolitan area. Every effort is made to ensure accuracy, but this information may change. For more information or to request changes, visit **ourhouseshelter.org/resources.** Please visit findtreatment.samhsa.gov for a directory of mental health resources nationwide.

Updated November 2026