

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.

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Bradford Health 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>www.bradfordhealth.com</p> |
| <p>Chenal Family Therapy Alisa Anthony, MS, LAC, CSOTP Served in law enforcement Multiple providers & 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>www.chenaltherapy.com</p> |
| <p>Chenal Family Therapy 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>www.chenaltherapy.com</p> |
| <p>Hillcrest Therapy Center 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>www.hillcresttherapycenter.com</p> |
| <p>The Family Center Lesa 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>www.thefamilycenterar.com</p> |
| <p>RiverStone Wellness Center 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>www.riverstonewellnesscenter.com</p> |
| <p>Natural State Recovery Centers Specialized help in substance abuse treatment Alisa Anthony, MS, LAC, CSOTP Served in law enforcement Multiple providers available</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>www.naturalstatercovery.com</p> |

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mindful Thoughts Therapy Cynthia Sewell Air National Guard veteran Private pay only; payment options available | 501-438-9176 | Little Rock, Arkansas www.mindfultoughtstherapy.com |
| Hinton, Parent, and Assoc. 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 |
| Meridiem Psychological Services, Inc. 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 www.meridiempsych.com |
| Epoch Counseling & Consulting, PLLC 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 www.epochcc.com |
| Peace of Mind Counseling Centers, PLLC 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 www.peaceofmindcounselingcenters.org |
| Professional Christian Counseling Harold Taylor, LAMFT, LAC 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 |
| If a student at UALR: Free counseling services available | 501-569-3185 | www.ualr.edu/counseling |
| If a student at SAU Tech: Free counseling services available | 870-574-4530 | www.sautech.edu/personal-counseling-services |

If you are actively feeling suicidal, please call 911 or the

Suicide Prevention Lifeline at: 1-800-273-8255

Sara Jones, PhD, APRN, PMHNP-BC

University of Arkansas for Medical Sciences, College of Nursing

Office: 501-526-7846 Email: SLJones@uams.edu

Samantha Seale, MS, Project Manager

Office: 501-320-7602 Email: SSeale@uams.edu