

# MENTAL HEALTH & ADDICTION SERVICES IN ARKANSAS



All Arkansans have access to mental health & addiction services.

- Individual & Group Counseling
- Family Counseling
- Substance Abuse & Addiction Counseling & Treatment
- Parent & Child Counseling for Children Under 4
- Medication Management
- Help During a Mental Health Crisis

If you have Medicaid, or are without insurance coverage and can't pay for treatment on your own, you can get counseling and treatment services paid for by the state.

## Steps to Access Care

**1** Call the DHS Mental Health & Addiction Services Support Line  
**1-844-763-0198**

Available:  
Monday - Friday  
8 a.m. - 4:30 p.m.

**2** Let person answering phone know if you have insurance. It's okay if you don't.

**3** Choose a provider to call for an appointment.

**TIP:** You might want to call all of the choices to get the soonest available appointment. For counseling services, providers are expected to see you within 10 days.

**4** At your first appointment, you will meet your provider who will talk with you and decide what services you may need.

**TIP:** Bring a list of your doctors and the medications you are taking.

**5** Some providers may require proof of income and a small payment at the time of services. Ask if your provider has a sliding fee scale based on income.

Visit [humanservices.arkansas.gov/about-dhs/daabhs/mentalhealth](https://humanservices.arkansas.gov/about-dhs/daabhs/mentalhealth) for more information.