



Call 800-482-9921 | 24 hours a day, 7 days a week

If you are experiencing increased stress or other urgent concerns, **call AR ConnectNow**. Our team is trained to meet your needs.

### **What does AR ConnectNow do?**

We can help with strategies to manage your stress and/or other concerns, including alcohol and substance use.

We provide virtual short-term therapy and, when needed, can help you find long-term treatment in your area. When you call, we will assess your needs and connect you with a mental health professional.

### **Do I need health insurance to call AR ConnectNow?**

No. Our services are **FREE**. If you have insurance, we will collect that information from you. But we will not bill you for our services.

### **How do I schedule an appointment with AR ConnectNow?**

Call us. Our phone lines are open 24 hours a day, 7 days a week. After your first session, your mental health professional will decide how many more appointments you need. All therapy visits are virtual (by video).

### **When is AR ConnectNow open?**

Our virtual clinic is open Monday through Friday, 8:00 am to 4:30 pm, and Saturday, 10:00 am to 2:00 pm.

### **Where can I get more help?**

The AR ConnectNow resource center can help with basic needs such as food or shelter. Visit: [psychiatry.uams.edu/clinical-care/ARconnectnow/resources](https://psychiatry.uams.edu/clinical-care/ARconnectnow/resources)

Or call: 501-355-6934.

### **How do I contact AR ConnectNow?**

**Phone:** 501-526-3563 or 800-482-9921 | **Email:** [ARconnectnow@UAMS.edu](mailto:ARconnectnow@UAMS.edu)



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