

Call Today!



AR Connect

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

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

What does AR-Connect 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-Connect?

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-Connect?

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-Connect 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-Connect resource center can help with basic needs such as food or shelter. Visit: psychiatry.uams.edu/clinical-care/ARconnect/resources

Or call: 501-355-6934.

How do I contact AR-Connect?

Phone: 501-526-3563 or 800-482-9921 | **Email:** ARconnect@uams.edu



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