

If you or someone you know is feeling overwhelmed  
by the COVID-19 pandemic

# We are here to help

## SUPPORTIVE COUNSELING SERVICES



To speak with a crisis counselor or get help finding resources:

Call our toll-free support line at **(833) 993-2383**

All calls are confidential and FREE to Arkansas residents\*



**Promoting  
Positive  
Emotions**

The Promoting Positive Emotions (PPE) program has been created to help Arkansas residents impacted by COVID-19 receive confidential crisis counseling support and help with resources during these unprecedented times at no cost to the individual. Our crisis counselors are here to respond to your needs Monday through Friday 8am-5pm.



Services provided by



\*If you are not an Arkansas resident, please visit the Substance Abuse and Mental Health Services administration at [www.samhsa.gov](http://www.samhsa.gov) for additional COVID-19 guidance and resources.