

## MENTAL HEALTH EMERGENCY

***If you appose an immediate threat to yourself or other's please call 911 or visit your local Emergency Room.***

**National Suicide Prevention Lifeline:** Can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**Crisis Text Line-** Crisis text line serves young people in any type of crisis, providing them access to a free 24/7, emotional support and information via text. Text "**HOME**" to **741-741**.

<https://www.crisistextline.org/>

**1-800-273-8255 or Live chat: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

**American Foundation for Suicide Prevention-** A national database of suicide prevention resources. The recipient or caregiver may filter by education, donation, and search for local resources around the national and state resources.

<https://afsp.org/>

### **Local Emergency Walk-in Clinics**

**Professional Counseling Associates:** Professional Counseling Associates Outpatient Program offers a broad spectrum of services. These range from counseling for short-term problems, to comprehensive services for people in acute crisis or with complex problems. All clinic locations hold **walk in clinic hours on Tuesday's starting at 8:30am**. North Little Rock Location is the only location that does not see children, Adults only.

<http://www.pca-ar.org/>

**Centers for Youth and Families-**The Centers' staff responds to all psychiatric after-hours emergency calls at **501.666.8686**. Qualified mental health professionals are available for consultation, including face-to-face interventions. **Walk in clinic is every day M-F 9-3.**

6601 West 12th Street Little Rock, AR 72204

**(501) 660-6880**

<http://www.centersforyouthandfamilies.net/>

## **State-wide Resources**

**American Foundation for Suicide Prevention-** A national database of suicide prevention resources. The recipient or caregiver may filter by education, donation, and search for local resources around the state of Arkansas. This resource provides education, locations, and support for families of suicide, victims of suicide attempt and others who have been affected by suicide.

<https://afsp.org/find-support/>

**SAMSHA-** A nationwide database compiled of mental health providers in your local area. Participant may filter by State, City, County, Inpatient, Outpatient, Area of specialty, Age range, Etc...

<https://findtreatment.samhsa.gov/locator/home>

## **Local Resources**

**Alex Blackwood Foundation-**Camp Alex is a special summer camp program hosted by the Alex Blackwood Foundation for HOPE along with Arkansas Children's Hospital Center for Good Mourning. Camp Alex provides a fun filled healing environment for children and teens whose lives have been affected by suicide. By providing a unique opportunity to connect with other survivors and develop lasting friendships while learning valuable coping skills to use in their everyday lives back home. CAMP DATES: Sunday, June 24th through June 28th

12618 Meadows Edge Lane, Little Rock, Arkansas 72211

**Call: 501-920-8110 or 501-920-8111**

<https://www.alexblackwood.com/>

Updated 1/17/2018

Please note that this document is a summary of community resources and this information is ever changing, this resource is not the final authority on the resources available, only a starting point.