

*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) 993-2382**

All calls are confidential and FREE to Arkansas residents\*

- Receive confidential crisis counseling support and help finding resources at no cost
- Monday through Friday 8 am- 5 pm



**Promoting  
Positive  
Emotions**

Visit our website at: [www.staypositivearkansas.com](http://www.staypositivearkansas.com)

Call our Crisis Support Line at 833-993-2382

Email: [info@staypositivearkansas.com](mailto:info@staypositivearkansas.com)