

Call Today!



# AR Connect

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

If you are in urgent need of mental health care, **call AR-Connect**. Our team is trained to meet your needs.

## What does AR-Connect do?

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. 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](http://psychiatry.uams.edu/clinical-care/ARconnect/resources)

## How do I contact AR-Connect?

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



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[psychiatry.uams.edu/ARconnect](http://psychiatry.uams.edu/ARconnect)

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