

# Behavioral Health Resources

blueprint

Whole-person health starts in the mind.

One in five Americans will experience a diagnosable mental health issue each year. That means if you are experiencing an issue, you are not alone. Ensuring your mental well-being is a top priority.

## Crisis Resources

Don't navigate your behavioral health alone.



### UAMS AR ConnectNow Arkansas Behavioral Health Call Center

**800-482-9921**

[psychiatry.uams.edu/clinical-care/arconnectnow](https://psychiatry.uams.edu/clinical-care/arconnectnow)

24/7, free and confidential call center for urgent but not emergency help for substance use disorders, anxiety and depression, bipolar disorder, schizophrenia or other behavioral health issues.

### National Suicide Prevention Lifeline

**800-273-TALK (8255)**

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. The National Suicide Prevention Lifeline is a national network of local crisis centers.

### National Domestic Violence Hotline

**800-799-SAFE (7233) or 800-787-3224 (TTY)**

24/7, free and confidential support for anyone experiencing domestic violence (abuse in a relationship) or for loved ones you would like to help.

### National Veterans Crisis Line

**800-273-8255, press 1**

[veteranscrisisline.net](https://veteranscrisisline.net)

24/7, free and confidential support for veterans, service members, National Guard and reserve members and those who support them. You don't have to be enrolled in VA healthcare or registered with the VA to connect.

### Substance Use Hotline

**877-326-2458**

Contact a licensed behavioral health professional who will take time to fully understand and assess potential treatment needs, provide education regarding treatment options and help you find the right providers based on your needs.

If you are in an emergency or immediate danger of harm by self or someone else, dial 9-1-1 or go to the nearest emergency room.

If you find you need help with depression, anxiety or another behavioral health issue, speak with someone. For behavioral health resources or to find a provider covered under your health plan, go to [arkansasbluecross.com/bh](https://arkansasbluecross.com/bh).



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