

IT'S REAL:

COLLEGE STUDENTS AND MENTAL HEALTH

It is important to be proactive about your mental health. If you or someone you know is struggling, please use this information to seek help.

National & State Resources

- **Emergency Services:** 911
- **American Foundation for Suicide Prevention:** <https://afsp.org/suicide-prevention-resources/>
- **Suicide & Crisis Lifeline | Free, 24/7:** 988
- **Arkansas Crisis Center:** 1-888-274-7472 | <https://www.arcrisis.org/>
- **Crisis TEXT line | Free, 24/7:** Text **"TALK"** to 741-741
- **Veterans Crisis Line:** Send a text to 838255
- **The Trevor Project (LGBTQ+ Crisis Line):** 1-866-488-7386
- **RAINN (National Sexual Assault Hotline):** 1-800-656-HOPE (4673)
- **SAMHSA Treatment Referral Hotline (Substance Abuse):** 1-800-662-HELP (4357)
- **Seize the Awkward:** <https://seizetheawkward.org/> | Text **"SEIZE"** to 741741

Local Resources

- **Student Counseling Services:** (501) 882-4434 | begrice@asub.edu | <https://www.asub.edu/counseling/>
- **Life Within Counseling:** (501) 232-2600 | 106 N Pecan St, Beebe, AR 72012
- **ARCare Community Health Center:** (501) 387-4021 | 1301 W Center St, Beebe, AR 72012
- **White Co. Medical Center (Hospital):** (501) 268-6121 | 3214 E Race Ave, Searcy, AR 72143
- **Unity Health - McAfee Medical Clinic:** (501) 882-5433 | 710 W Dewitt Henry Dr, Beebe, AR 72012
- **Arisa Health (Professional Counseling Associates):** (501) 843-3503 | 405 N 2nd St, Cabot, AR 72023
- **Baptist Urgent Care:** (501) 628-9212 | 2069 West Center St. Beebe, AR 72012

**If you need to talk to someone at ASU-Beebe immediately,
call: 501-882-4434 or 501-207-6276.**