



# MENTAL HEALTH

# MATTERS

Get help for stress, anxiety,  
depression and more through  
AR ConnectNow, a virtual mental  
health treatment program for  
Arkansans of all ages.

Learn how you can schedule  
an appointment at  
*[FaceYourFeelings.org](https://FaceYourFeelings.org)*.



A Virtual Mental Health and  
Substance Abuse Program



Scan to Learn More

**FACEYOURFEELINGS.ORG**