



STRESSED?  
**ANXIOUS?**

**DEPRESSED?**

## Find virtual help

for everything from stress to substance abuse through AR ConnectNow, a mental health treatment program for Arkansans of all ages.

Learn how you can schedule an appointment at *FaceYourFeelings.org*.



A Virtual Mental Health and Substance Abuse Program



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**FACEYOURFEELINGS.ORG**