Mission Statement
The mission of the University of Arkansas at Hope-Texarkana is to connect students and community partners to quality learning through effective and timely educational technologies, student-centered support services, and emerging content delivery methods that support excellence in teaching and learning, value in training and workforce development, advancement in life-long learning, and elevation in civic and cultural enrichment.

Purpose
The purpose of this resource manual is to provide available practical and local resources to the students of University of Arkansas Hope – Texarkana campuses. This is only a partial listing of the various resources that are available to the students in the four states area. If you find additional resources not listed or in need of updating, please contact the Counseling Department in the Student Center 2nd floor Room 224 or call 870 – 722 - 8225.

Our Counseling Department is here to provide resources for our students to succeed in obtaining their educational goals by providing needed information and counseling.

This Resource Manual is not an original model; it is adapted from the “SAU – Pregnancy Resource Guide”.

Contributors include the following:
Nancy Kemp, former Hempstead DHS Director
Paula Washington-Wood, SAU Director of Counseling and Testing
Eunice Walker, SAU Director Student Support Services
Monette Shaw, Community Leader and Minister
Judy Anderson, UAHT Dean of Enrollment Management
Sonya Thomas, UAHT Director of Career Pathway
Demechia Rowe, UAHT Activity Coordinator
Lorena Cuellar, UAHT College Relations & Marketing
Brian Berry, UAHT Vice Chancellor for Student Services
Phyllis Hamilton, UAHT Guidance Counselor
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Unit 1

Medical and Health Resources
Helpful phone numbers to know:
- **Main Switchboard**: 903-614-1000
- **Billing/Revenue Integrity**: 1-800-756-7999
- **Customer Service/Patient Relations**: 903-614-2000
- **Pre-Admissions/Financial Aid**: 903-614-2262
- **Human Resources**: 903-614-2720

**Magnolia Regional Medical Center**
101 Hospital Drive
Magnolia, AR 71753
870 – 235 – 3000
Health Care Express  
3515 Richmond Road  
Texarkana, TX 75503  
Phone: 903 - 791 - 9355

Hope Migrant and Community Health Center CABUN  
205 Smith Road  
P. O. Box 1013 Suite D  
Hope, AR 71801  
870 - 777 - 8420

First Choice Pregnancy Resource Center

Formed as Right-to-Life of Texarkana, Inc. in 1974, our goal has always been to provide emotional, spiritual and practical support to women and teens with unplanned pregnancies. The focus has not changed over the years, but the vision has expanded. Today, we are located at 602 Main Street in Texarkana, Texas, and have a satellite center in the Charitable Christian Clinic in Hope, Arkansas. All of our services are free of charge and confidential.

Call for an appointment. (walk-ins welcome)

First Choice Pregnancy Resource Center  
602 Main Street,  
Texarkana, Texas 75501  
- Telephone: 903 792 5735  
- FAX: 903 792 5756  
- E-mail: info@firstchoiceprc.com  

Hours of Operation  
Monday: Closed  
Tuesday: 10am - 7pm (no walk-ins after 6 p.m.)  
Wednesday: 10am - 4pm (no walk-ins after 3 p.m.)  
Thursday: 10am - 7pm (no walk-ins after 6 p.m.)  
Friday: 10am - 4pm (no walk-ins after 3 p.m.)  
Saturday: Closed  
Sunday: Closed  
Some medical procedures require an appointment.

First Choice Pregnancy Resource Center  
114 South Main Street,  
Hope, Arkansas 71801  
- Telephone: 870 703 2687  
- Hours of Operation: Tuesday evenings from 5:30 p.m. - 7:30 p.m.  
- E-mail: info@firstchoiceprc.com
Hannah Pregnancy Resource Center

Hannah Pregnancy Resource Centers of South Arkansas are here to provide life affirming services to women facing pregnancy. We offer nonjudgmental care to preserve and protect human life so that you can find hope in what seems like a hopeless situation. Our three Hannah Pregnancy Resource Centers provide options for teen pregnancy, unexpected pregnancies or expectant mothers in need of assistance. Services include: pregnancy testing, limited ultrasound, pregnancy options: counseling, post abortion support, adoption planning, and help with abortion alternatives. Contact us at the following locations.

Sexual Health

Hannah Pregnancy Resource Center strongly encourages anyone who has participated in sexual activity to visit their county health unit to receive STD/STI testing. You can contact your health unit at the county seal.

Hannah Pregnancy Resource Center Locations:

Camden
348 West Washington Street
Camden, AR 71701
870 - 231 - 9799
amy.burns@hannahprc.com
Tuesday and Thursday
12:00 p.m. - 5:00 p.m.

El Dorado
101 West Main Suite 201
El Dorado, AR 71730
870 - 862 - 1317
jennifer.bryant@hannahprc.com
Monday - Thursday
9:00 a.m. - 4:00 p.m.

Magnolia
216 West Union
Magnolia, AR 71753
870 - 234 - 8070
amy.burns@hannahprc.com
Tuesday - Thursday
12:00 - 5:00 p.m.

Genesis Prime Care:
Provides community-based primary and preventative care, specializing in Medicaid and Medicare patients. 903 - 779 - 6064.

Lewisville Family Practice Center
1117 Chestnut Street
Lewisville, AR 71845
870 - 921 - 5781

Charitable Christian Medical Clinic:
114 South Main Street
Hope, AR 71801
(870) 826-7060
Call (870) 777-0094

Important Free Clinic information:
Charitable Christian Medical Clinic in Hope, Arkansas offers Free Health Services or discounted health services to those who qualify.

Medical Services are offered to those who meet the following guidelines:
Uninsured, Low Income, Call clinic for fee information

Languages Spoken at this Free Clinic: call for details
Charitable Christian Medical Clinic Website: http://www.aacclinics.org/Hope.htm
Christian Health Center of Howard County
Areas Served by Organization:
Howard, Pike, Sevier, Little River, Miller
Patient Eligibility Requirements:
Photo Id
121 West Sypert Street
Nashville, AR 71852-2431
(870) 845-2871
Hours:
Services at clinic: Medical, Dental, Prescriptions Hours: In take 4pm-6pm on the second Thursday of each month. Closed by 9:00 p.m.

Southwest Arkansas UAMS - Regional Program

UAMS Southwest in Texarkana is one of eight regional centers across the state. Serving as an Area Health Education Center, the campus is home to three UAMS colleges, two primary care clinics, a pediatric clinic, a family medicine residency program, a regional cancer registry, community education programs, and a comprehensive medical library. The UAMS Southwest mission: Teaching, Healing, Searching, and Serving.

<table>
<thead>
<tr>
<th>UAMS Family Medical Center</th>
<th>UAMS All for Kids - Neighborhood Clinics</th>
</tr>
</thead>
<tbody>
<tr>
<td>3417 U of A Way</td>
<td>300 East 6th Street</td>
</tr>
<tr>
<td>Texarkana, AR</td>
<td>Texarkana, AR</td>
</tr>
<tr>
<td>870 - 779 - 6000</td>
<td>870 - 779 - 6000</td>
</tr>
</tbody>
</table>

Hours of Operation
8:00 a.m. to 5:00 p.m.
Monday - Friday

http://regionalprograms.uams.edu/

Stephens Community Clinic
113 West Ruby Street
Stephens, AR 71764
870 - 786 - 9114

Baptist Health Family Clinic
200 East Walnut
Gurdon, AR 71743
870 - 353 - 2800
The following Clinic offering occurs at each of the County State Health Services Units:

- Conventional HIV Blood Testing
- Gonorrhea Testing
- Chlamydia Testing
- Syphilis Testing
- Rapid HIV Oral Testing
- Herpes Testing
- Hepatitis B Testing
- HPV Vaccine
- Request information on Birth Control

HPV and hepatitis vaccines available for VFC-eligible patients only.

**Special Health Resources for Texas Incorporated Texarkana Branch**

1102 Main Street  
Texarkana, TX 75501  
Phone: 903-792-5924

**Texas Department State Health Services Texarkana-Bowie County Family Health Center**

902 West 12th Street  
Texarkana, TX 75501  
Phone: 903-798-3250

**Arkansas Department of Health Lafayette County Health Unit**

1113 Chestnut Street  
Lewisville, AR 71845  
Phone: 870-921-5744

**Arkansas Department of Health Southwest Public Health - Little River County Health Unit**

150 Keller Street  
Ashdown, AR 71822  
Phone: 870-898-3831

**Arkansas Department of Health Southwest Public Health - Hempstead County Health Unit**

808 West 5th Street  
Hope, AR 71801  
Phone: 870-777-2191
Hannah Pregnancy Resource Center

**Mentoring Program**

Our utmost desire is to offer encouragement and support to our clients, forming a bond of trust and friendship. If you want, you can join our Earn While You Learn (EWYL) mentoring program which will place you with a mentor who will be with you as a friend and confidant as long as you need her. Our EWYL program is an incentive and learning program for women who choose to parent their children.

**Post-Abortion Support**

Have you had an abortion? Do you feel different than you thought you would after and abortions? Hannah PRC does not want you to feel judged or miserable because of a past abortion.

Do you feel alone? We want to help. Some of us have been where your are and understand your pain on a very personal level.

We offer a CONFIDENTIAL ABORTION RECOVERY program where we walk alongside you through the healing process. There is hope and healing after abortion.

Contact us for a CONFIDENTIAL appointment to start toward a path of healing and freedom.

Want to know more? Go to [www.abortionrecovery.org](http://www.abortionrecovery.org).

**Parenting and Mentoring**

At Hannah Pregnancy Resource Center we care about you as a whole person: physically, emotionally, and spiritually. We want to help you make the best decision for you and your future. Any decision made in an unplanned pregnancy is a difficult one and no matter what, your life is going to change. Once you’ve made your decision, we want to continue to support you, to help equip and prepare you for those changes. If you decide to keep your baby, we have a program called Earn While You Learn (EWYL) that will help you be the best parent you can be! EWYL is an incentive-based program that enables you to earn what your baby needs.

Could the "Earn While You Learn" program help you?

Pregnancy and parenting are filled with lots of uncertainty. This program answers many of the questions you have and will ease your anxiety. You can "Earn While You Learn" while completing lessons and earning credits for baby supplies and other important materials.

Many people want to learn how to be good parents and raise a healthy, happy child. The center staff and along with our trained volunteers, are available to provide support and resources during this time of transition and change. The lessons are fun, interesting and practical. We can help you learn how to be the best parent you can be!

**Adoption**

Not all women choose abortion simply out of selfish reasons. There are times when a pregnant woman knows that she is not ready to parents or would not be the parent her child deserves. Adoption offers a wonderful solution to this problem - she can place her child into a family that is ready to care for him or her.
Adoption cannot only be rewarding for the child and adoptive parents, but also for the birthparent. Adoption is not the way it once was – parents that place their child for adoption are now able to seek legal help and a support system prior, during and after the placement. This allows for the birthparent(s) to experience healing from the placement and continue bettering their lives.

Birthparent(s) also make the decision as to who will be adopting their child. They can even meet the parent before making the final decision. How much contact post-placement they want with the child is also up to the birthparent(s) – they can have as little as no contact or up to scheduled visits with their child.

The act of adoption can be a daunting experience but also one that the birthparent can look back on with joy knowing that they did the best they could for their precious child.

**Adoption Resources**

All of the following resources can help provide you with more information regarding adoption and help guide you through the adoption process.

**AdoptUsKids** - They raise public awareness about the need for foster and adoptive families for children in public child welfare system and recruit foster and adoptive families and connect them with children. *(1-888-200-4005 and adoptuskids.org)*

**Bethany Christian Services** - This program is the nation’s largest adoption and foster care agency that care for women facing unplanned pregnancies and orphans living on five continents. *(1 - 800 - BETHANY and Bethany.org)*

**Catholic Charities** - They provide options counseling, adoption placement services including foster care, international adoption, special needs adoption and interstate adoption. They also provide post adoption services as well as search and reunion services. *(703 - 549 - 1390, catholiccharitiesusa.org)*

**Lifetime Adoption** - This program assists African American couples wanting to adopt and birth mothers seeking African American families. *(1 - 800 - 923 - 6783, africanamericanadoptions.org)*

**Lifesong for Orphans** - They help establish much needed adoption funds at churches and provide adoption grants and interest free loans to prospective adoptive parents. *(309 - 747 - 3556 and lifesongfororphans.org)*

**Sally's Lambs** - Their mission is to encourage and support birth moms facing unplanned pregnancies. By working with established pregnancy care centers, adoption agencies and with birth mothers directly. Sally’s Lambs will meet the physical, emotional and spiritual needs of birth mothers. *(www.Sallyslambs.org)*

F.A.Q.'s about Adoption can be found at [http://www/ichooseadoption.org/info.php](http://www/ichooseadoption.org/info.php)

More Information on Adoption
• Tax-credit.adoption.com – Information on federal tax credits and subsidies.
• Affording Adoption – Information on adoption grant and loan programs.
• Adopt Us Kids – A nationally coordinated listing of children in foster care that are awaiting adoption.
• Adoption Council – Information on adoption agencies nationwide.
• Birthmother Support – Organizations that provide resources and support to birthmothers.

Local Non-profit Agencies

Every county has designated agencies that are established to help individuals in times of distress. Local non-profit agencies are equipped to assist single mothers with rent, utility bills, daycare assistance, food, clothing and other necessities. Because they will base the amount of a grant on your assets and other personal criteria, clients will be required to meet with a caseworker who will discuss their program and input your information, including your earned income, proof of residence, past due bills and dependent information.

Local non-profit agencies include

• Department of Human Services – Provides WIC, food stamps, daycare assistance and health care assistance such as Medicaid and Medicare.
• Soup Kitchens - Hope in Action
• Rent assistance – Hope Housing Authority / Hope in Action
• Free or reduced meals for school-aged children

Community, Churches, and Religious Organizations

Pregnancy Testing

Hannah PRC pregnancy tests are highly sensitive urine-based tests that can be confidentially used to indicate pregnancy. They are laboratory-quality, with a 99.9% accuracy rate. This page is designed to provide information about using and reading the tests.

Pregnant? Empower Yourself. Call Us For Complimentary, Confidential Services, Social Links:

Visit Facebook Page

Hours:

Regular Hours
Mon – Thu 9:00 am - 4:00 pm

General Info:

Hannah Pregnancy Resource Centers of South Arkansas are here to provide life-affirming services to women facing pregnancy. We offer non-judgmental care to preserve and protect human life so that you can find hope in what seems like a hopeless situation.
Extra Phones:
   Toll Free: (866) 749-6636
Services/Products:
   Pregnant? Empower Yourself Call us for Complimentary, Confidential Services: *
   Pregnancy Confirmation * Peer Counseling * Medical Consultation * Post-Abortion Resources
Location:
   First National Plaza
Other Link:
   http://www.itsyourfuture.org
Categories:  Abortion Alternatives, Counseling Services

Southwest Arkansas UAMS Regional Program
UAMS Southwest in Texarkana is one of eight regional centers across the state. Serving as an Area Health Education Center, the campus is home to three UAMS colleges, two primary care clinics, a pediatric clinic, a family medicine residency program, a regional cancer registry, community education programs, and a comprehensive medical library. The UAMS Southwest mission: Teaching, Healing, Searching and Serving.

   UAMS Family Medical Center
       3417 U of A Way
       Texarkana, Arkansas

   UAMS All for Kids Clinic
       300 East 6th Street
       Texarkana, Arkansas

   UAMS Neighborhood Clinic
       300 East 6th Street
       Texarkana, Arkansas

   Contact Us
   Main phone number
       870-779-6000
   Hours of Operation
       8:00 a.m. to 5:00 p.m.
       Monday – Friday
   http://regionalprograms.uams.edu/
Medicaid

https://www.medicaid.state.ar.us/

Hempstead County Department of Human Services
116 North Laurel Street
Hope, AR 71802-0723
Ellen Haywood, Administrator
870-777-8656

Miller County Department of Human Services
3809 Airport Plaza
Texarkana, AR 71854-1500
Steve Mason, Administrator
870-773-0563

Lafayette County Department of Human Services
2612 Spruce Street
Lewisville, AR 71845-8638
Judy Beatty, Administrator
870 – 921-4283

Columbia County Department of Human Services
601 East University
Magnolia, AR 71753
Anna Todd, Administrator
870-234-4190

Medicaid reimburses health care providers for covered medical services provided to eligible needy individuals in certain classifications. Eligibility is determined based on income, resources, Arkansas residency, and other requirements. Covered services also vary among classifications. Covered classifications are the following: “Aged, Blind and Disabled” and “Children and Family.”

Needy children under age 19 who meet income, resource and other requirements are eligible for full Medicaid coverage under the ARKids First program. http://www.arkidsfirst.com\home.htm

A parent or other caretaker or children under age 18 with an absent, disabled or unemployed parent who meet income, resource and other requirements are eligible for Full Medicaid coverage.
ARKids First health insurance provides two coverage options for more than 50,000 Arkansas children who otherwise have gone without. **ARKids A** is Medicaid for children and offers low-income families a comprehensive package of benefits. **ARKids B** provides coverage for families with higher incomes. The streamlined application process for both packages allows you to apply for either package on the same form.

You can apply for **ARKids First** online. You can also call and get an ARKids First application by calling a toll-free hotline, **1-888-474-8275**, Monday through Friday from 8:00 a.m. until 4:3 p.m.

You can print an application from the website for ARKids First. If you have questions visit your local DHS office or public library or call the ARKids First toll-free hotline.
Unit 2

Housing Resources

EQUAL HOUSING OPPORTUNITY

FOR RENT

HOUSING
Randy Sams Shelter for the Homeless
Address: 402 Oak Street, Texarkana, TX 75501

Phone: (903) 792-7024

The Randy Sams’ Outreach Shelter is a 24 hour evening emergency shelter that accepts both men and women (no persons under the age of 18). There are 86 beds with restroom facilities, daily meals, and case management services. The length of stay is limited to 90 days. Rent and utility assistance may be available as funds are limited.

The RSOS is a 90-day shelter that provides basic essential activities of daily living such as meals, separate sleeping areas for men and women, and bathrooms which include shower facilities for residential clients. Each day breakfast is served at 6:00am and dinner is served at 6:00pm. Clients are encouraged to have lunch across the street at the Friendship Center from 11:00am-1:00pm. Clients leave during the day at 8:00am and can return for check-in at 3:30 pm. A complete list of rules will be reviewed during admission.

Domestic Violence Prevention - Texarkana, AR
424 Spruce Street
Texarkana, AR 75504
(903) 794-4000

Salvation Army
400 East 4th Street
Texarkana, AR 71854
870 – 774 - 2701

Offerings: Food Pantry, Clothing Vouchers, Soup Kitchen, Spiritual Counseling, Rental Assistance (when funds are available) Volunteers are welcome!

Salvation Army Thrift Store

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>420 Walton Drive</td>
<td>(903) 336-6143</td>
</tr>
<tr>
<td>Texarkana, TX 75501</td>
<td></td>
</tr>
<tr>
<td>903 – 794 – 4821</td>
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<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>419 South Madison</td>
<td>(903) 792 - 1301</td>
</tr>
<tr>
<td>El Dorado, AR 71730</td>
<td></td>
</tr>
<tr>
<td>870 – 863 - 4830</td>
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<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>3410 St. Michael Drive</td>
<td>(903) 336-6143</td>
</tr>
<tr>
<td>Texarkana, TX 75503</td>
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<table>
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<th>Address</th>
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<tbody>
<tr>
<td>620 West 4th Street</td>
<td>(903) 792 - 1301</td>
</tr>
<tr>
<td>Texarkana, TX 75501</td>
<td></td>
</tr>
</tbody>
</table>
Hope in Action Facts

Hope in Action began officially Jan. 1, 1986, stemming from a group of concerned citizens who wanted to help others less fortunate. Some facts about the program:

- The house and the apartments on West Third Street are owned outright by Hope in Action.

- Eight citizens of Hope are on the board of directors for Hope in Action, including Paul Henley, chairman; Drury Hoover, director of Our Lady of Good Hope Catholic Church food pantry; Margaret Sengel, Hope Presbyterian Church; Barbara Still, Unity Baptist Church; Mae Dulaney, Hope Ministries; Helen Wood, Hope Church of Christ; Helen Bearden, homeless/hunger advocate; and Helen Byers, Oasis of Hope.

- Hope in Action No. 1 provides diapers, utilities, gas vouchers, prescription drugs, bus and train tickets, and rental assistance, when funds are available.
Hope - Hempstead County
Chamber of Commerce - Apartments & Home Rentals 2015
Hope, AR 71802

Amandex Apartments 777 - 4522
Canyon Creek 722 - 2292
Fulton Square 777 - 4162
Hope Square 777 - 2693
The Peaks 722 - 2964
Pleasant Ridge 722 - 5114
David Johnson 777 - 5689
Finite Mobile Home Park 722 - 6713
Greg Wolf 777 - 2313
GRRS Realty 722 - 5161
Jacob Williams 777 - 2229
Jim West 777 - 1586
Johnny Duckett 777 - 5571
Mike Smith 777 - 9595
Ron Endsley 777 - 2507
Roger Davis 826 - 1622 [www.mathew712properties.com]
Scottie Ivers 777 - 5253
Tommy Wilson 777 - 3536 *update 03/06/2015

Partial listing of Rental Apartments and Homes in the Hope, AR Area

The Peaks
2206 Bill Clinton Drive
870 - 722 - 2964

Canyon Creek Apartments
303 West 23rd Street # 7
870 - 722 - 2292

Hope Square Apartments
904 South Grady Street
870 - 777 - 2693

Southview Apartments
1307 East 3rd Street
870 - 722 - 5114
<table>
<thead>
<tr>
<th>Fulton Square Apartments</th>
<th>Imperial Apartments</th>
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<tbody>
<tr>
<td>801 Mack Street</td>
<td>1305 South Main Street</td>
</tr>
<tr>
<td>870 - 777 - 4162</td>
<td>870 - 703 - 3536</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Hope Housing Authority</th>
<th>Live Oak Apartments South</th>
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<tbody>
<tr>
<td>720 Texas Street</td>
<td>1806 North Hazel Street</td>
</tr>
<tr>
<td>870 - 777 - 5742</td>
<td>870 - 777 - 3389</td>
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<table>
<thead>
<tr>
<th>Amandex Apartments APT #13</th>
<th>Pleasant Ridge</th>
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</thead>
<tbody>
<tr>
<td>3000 West Avenue B Street</td>
<td>1305 East 3rd Street</td>
</tr>
<tr>
<td>870 - 777 - 4522</td>
<td>870 - 722 - 5114</td>
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<table>
<thead>
<tr>
<th>Finite Mobile Home Park</th>
<th>GRRS Realty</th>
</tr>
</thead>
<tbody>
<tr>
<td>146 Hempstead 23rd Road</td>
<td></td>
</tr>
<tr>
<td>870 - 722 - 6713</td>
<td>870 - 722 - 5161</td>
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</table>

<table>
<thead>
<tr>
<th>Home or Apartments Owners:</th>
</tr>
</thead>
<tbody>
<tr>
<td>David Johnson</td>
</tr>
<tr>
<td>870 - 777 - 5689</td>
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</table>

| Johnny Duckett              | Mike Smith   | Ron Endsley  | Scottie Ivers |
| 870 - 777 - 5571            | 870 - 777 - 9595 | 870 - 777 - 2507 | 870 - 777 - 5253 |

| Tommy Wilson               | Roger Davis  |
| 870 - 777 - 3536           | 870 - 826 - 1622 |

http://www.matthew712properties.com/
Unit 3

Food and Clothing Assistance

Feeding the Community

[Image of a closet with clothing and a box of food items]
Food and Clothing Assistance

Food Assistance by County

Assistance with Food

WIC (Women, Infants and Children)

The WIC program is the Special Supplement Nutrition Program for women, infants and children. The Arkansas WIC Program is administered by the Arkansas Department of Health through a grant provided by the Food and Nutrition Services (FNS) of the United States Department of Agriculture (USDA). Pregnant, breastfeeding and postpartum women, infants and children under age five may qualify if they live in Arkansas, have a nutritional need, and have an income at or below WIC guidelines or receive Medicaid, ARKids, TEA or SNAP (Food Stamps)

WIC provides:

- Supplemental foods high in nutrients during time of critical growth and development.
- Nutrition education designed to improve dietary habits and health status and to emphasize the relationship between nutrition and health.
- Information, support and encouragement for breastfeeding.
- Referrals for other health services.

Information about WIC can be obtained from any local county health unit between the hours of 8:00 a.m. and 4:30 p.m.; Monday through Friday.

Supplemental Nutrition Assistance Program (formerly known as Food Stamps)

The Supplement Nutrition Assistance Program (SNAP) (formerly known as Food Stamp Program) provides food assistance to eligible households to cover a portion of a household’s food budget. Benefits are distributed through an Electronic Benefits Transfer (EBT) card. In addition to food assistance, the program provides SNAP recipients with nutritional education, employment and training, and work experience in some cases.

How Do I Apply For SNAP Benefits?

You may apply online at https://access.arkansas.gov/. If you do not have a computer, your local library will have computers you can use. The application is available for printing online at http://tiny.cc/SNAPapp. You may also call or go to the Department of Human Services (DHS) office in any county and ask for a paper application. If you need help with completing the application, ask a county office worker.
Temporary Assistance for Needy Families (TANF) helps provide housing and cash assistance to women who are in need. It is a government run program provided in all states. The TANF benefits are based on individual state guidelines and dependent on factors such as family size, earned and unearned income, and housing expenses. The Arkansas TEA program provides job preparation, childcare assistance, and other supportive services that help people succeed. TANF has a 24 month (two year) time limit.

http://www.tanf.benefits.com

Harvest Regional Food Bank Member Agencies

THE FEEDING AMERICA PARTNER IN TEXARKANA

We work with a variety of agencies that distribute food through pantries, soup kitchens, shelters and Supplemental Nutrition Assistance Programs (formerly known as food stamps). These agencies help provide food to those in need. You can join our network and find more information about being a member agency below.

Directors and County Offices for Department of Human Services (DHS)

Columbia County
Anna Todd, Director
601 East University
Magnolia, AR 71854-1109
870 - 234 - 4190
Monday thru Friday 8:00 a.m. - 4:30 p.m.

Howard County
Beverly K. Adams, Director
534 North Main
Nashville, AR 71852-1740
870 - 845 - 4334
Monday thru Friday 8:00 a.m. - 4:30 p.m.

Lafayette County
750 Lafayette 16
Lewisville, AR 71845
Monday thru Friday 8:00 a.m. - 6:00 p.m.

Hempstead County
Ellen Haywood, Director
116 North Laurel
Hope, AR 71802 - 0723
870 - 777 - 8656
Monday thru Friday 8:00 a.m. - 4:30 p.m.

Lafayette County SWARRJP

Lafayette County
Mark Muenzmaier, Director
750 Lafayette 16
Lewisville, AR 71845
Monday thru Friday 8:00 a.m. - 6:00 p.m.

Little River County
Mark Muenzmaier, Director
90 Waddell Street
Ashdown, AR 71822-2830
Monday thru Friday 8:00 a.m. - 4:30 p.m.
Miller County
Steve Mason, Director
3809 Airport Plaza
Texarkana, AR 71854-1500
870 - 773 - 0563
Monday thru Friday 7:00 a.m. - 4:30 p.m.

Nevada County
Elaine Halliday, Director
355 West 1st Street
Prescott, AR 71857-0292
870 - 887 - 6626
Monday thru Friday 8:00 a.m. - 4:30 p.m.

Sevier County
Mary Runnells, Director
924 East Collin Ray Drive Suite B & C
DeQueen, AR 71832 870 - 642 - 2623
Monday thru Friday 8:00 a.m. - 4:30 p.m.

Arkansas State DHS Office
Cindy Gillespie, State Director
Donaghey Plaza P. O Box 1437
Little Rock, AR 72203 501 - 682 - 1001
Monday thru Friday 8:00 a.m. - 4:30 p.m.

Hempstead County
Hope in Action # 1
Mae Delaney, Manager
606 West 3rd St.
870 - 777 - 8227
Mon. thru Thur. 9-4
Need ID

Hope in Action # 2
Helen Byers, Manager
2500 HWY 67 West
870 - 777 - 4112
Daily Meals
Some Shelter provided

Old Washington 1st Baptist
105 Southwest Jay
Washington, AR
Tuesday - 4:30 pm
Need ID and Mail for residency

Beebe Memorial CME Church - Soup Kitchen
416 North Hazel
870 - 777 - 2112 Church's number
501 - 366 - 4448 Pastor's number
Tuesday - 5:00 p.m.

Life House Hope
600 Oak Street
870 - 397 - 1896
Tuesday 9:30 am - 12 pm
Need ID

Straight & Narrow Ministry
513 South Elm Street
870 - 331 - 1244
Every Tues Noon - 2 pm
Need Picture ID

Lafayette County
Trinity Trails Worship Center
206 East 4th Street
Bradley, AR
870 - 894 - 6422

Missionary Bible Church
222 Antigo Street
Stamps, AR
870 - 953 - 0269

Howard County
Bread of Life
301 West Dodson
Nashville, AR
870 - 845 - 8809

Dierks Community Food Pantry
906 Herman Street
Dierks, AR
870 - 557 -1379

New View Church of Christ
11166 HWY 278 West
Nashville, AR
870 - 845 - 1474

Little River County
CAPP (Community Alternative)
Linda Walker, Director
St. Matthew MB Church
205 West 6th Street
Foreman, AR 71836
870 - 642 - 7454

Community Freewill Baptist
791 South MLK Drive
Ashdown, AR 71822
870 - 898 - 3430

Winthrop UMC
718 Broad Street
Winthrop, AR
870 - 381 - 7513

Nevada County

Foodshare Arkansas
229 East Main Street
Prescott, AR
870 - 887 - 3663

Miller County

Christ UMC
5204 South Rondo Road
Texarkana, AR 71854
870 - 774 - 4091

Jamison’s Center of Kindness
1101 Couch
Texarkana, AR 71854
870 - 772 - 8652

Salvation Army
Must Call on Mondays
400 East 4th Street
Texarkana, AR 71854
870 - 774 - 2701

Sugar Hill United Methodist
1621 Sugar Hill Road
Texarkana, AR 71854
870 - 779 - 1805

1st Baptist Church
915 Schuman Street
Foreman, AR 71836
870 - 542 - 6294

1st UMC Ashdown
145 East Commerce Street
Ashdown, AR 71822
870 - 898 - 5738

Lifehouse Church
915 East Street
Texarkana, AR 71854
870 - 216 - 1936

Senior Center
1007 Jefferson Ave
Texarkana, AR 71854
870 - 216 - 1136

Total Life Outreach Center
1815 Rose Street
Texarkana, AR 71854
903 - 280 - 5645

Faith Assembly of God
2001 Arkansas Blvd
Texarkana, AR 71854
870 - 773 - 1234
Alethia Dowd
903 - 276 - 7280

Faith Baptist Church
2812 East Street
Texarkana, AR 71854
870 - 773 - 3159

Posy Ministries Center
831 Laurel
Texarkana, AR 71854
870 - 571 - 4550

St. Edward Outreach
416 Ash Street
Texarkana, AR 71854
870 - 216 - 2194
Call at 10:00 am

Friendship Center
620 West 4th Street
Texarkana, TX 75501
903 - 792 - 1301

Foreman Senior Center – SWADC
220 North Bell Street
Foreman, AR 71836
870 - 542 - 6253

Little River County TSAA
34 West Wood Street
Ashdown, AR 71822
870 - 898 - 5212
### Columbia County

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abilities Unlimited</td>
<td>2000 South Washington, Magnolia, AR</td>
<td>870 - 234 - 2558</td>
</tr>
<tr>
<td>Asbury UM Church</td>
<td>1300 East University, Magnolia, AR</td>
<td>870 - 234 - 5570</td>
</tr>
<tr>
<td>Calhoun Heights Community Outreach</td>
<td>1216 South Fredrick St., Magnolia, AR</td>
<td>870 - 234 - 2242</td>
</tr>
<tr>
<td>Columbia Co. SR Meal</td>
<td>235 Fredrick, Magnolia, AR</td>
<td>870 - 901 - 0042</td>
</tr>
<tr>
<td>Emerson Community</td>
<td>103 South Elm, Emerson, AR</td>
<td>870 - 547 - 3360</td>
</tr>
<tr>
<td>Southern Christian Mission</td>
<td>515 West Monroe, Magnolia, AR</td>
<td>870 - 235 - 1155</td>
</tr>
<tr>
<td>The Stewpot at 1st UM Church</td>
<td>320 West Main Street, Magnolia, AR</td>
<td>870 - 234 - 4530</td>
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</tbody>
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### Sevier County

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone Numbers</th>
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</thead>
<tbody>
<tr>
<td>Dequeen Senior Center</td>
<td>605 East Haes Ave, Dequeen, AR</td>
<td>870 - 584 - 3995</td>
</tr>
<tr>
<td>1st Baptist Church</td>
<td>3466 South Camellia, Lockesburg, AR</td>
<td>870 - 289 - 2121</td>
</tr>
<tr>
<td>Geneva GEMS</td>
<td>Geneva Church Road, Dequeen, AR</td>
<td>870 - 642 - 3509</td>
</tr>
<tr>
<td>Horatio UM Church</td>
<td>303 Pennock, Horatio, AR</td>
<td>870 - 279 - 3016</td>
</tr>
<tr>
<td>Praise Temple</td>
<td>129 West Locke Ave, Dequeen, AR</td>
<td>870 - 782 - 3204</td>
</tr>
<tr>
<td>Dequeen Church of Christ</td>
<td>1508 West Colin Raye Drive, Dequeen, AR</td>
<td>870 - 584 - 3226</td>
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Unit 4

Child Care Information
<table>
<thead>
<tr>
<th>Child Care Information</th>
<th>Child Care Information</th>
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<tbody>
<tr>
<td>Loving Arms Learning Center</td>
<td>Granny's</td>
</tr>
<tr>
<td>1910 Rosston Road</td>
<td>1120 East 3rd Street</td>
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<tr>
<td>Hope, AR 71801</td>
<td>Hope, AR 71801</td>
</tr>
<tr>
<td>870 -722 - 5225</td>
<td>870 - 722 - 5247</td>
</tr>
<tr>
<td>870 - 292 - 8281©</td>
<td></td>
</tr>
<tr>
<td>Kids 'r&quot; US</td>
<td>Rainbow of Challenges</td>
</tr>
<tr>
<td>1303 South Hervey Street</td>
<td>500 South Main Street</td>
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<tr>
<td>Hope, AR 71801</td>
<td>Hope, AR 71801</td>
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<tr>
<td>870 - 777 - 1380</td>
<td>870 - 777 - 4501</td>
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<tr>
<td>Kingdom Kids Child Care</td>
<td>SWADC Hope Head Start</td>
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<tr>
<td>305 North Ferguson Street</td>
<td>104 South Main Street</td>
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<tr>
<td>Hope, AR 71801</td>
<td>Hope, AR 71801</td>
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<tr>
<td>870 - 474 - 0304</td>
<td>870 - 722 - 9971 (open until 4:30 pm)</td>
</tr>
<tr>
<td>Tot's Landing</td>
<td>Kid's Castle</td>
</tr>
<tr>
<td>1513 Ash Street</td>
<td>2400 Grand Avenue</td>
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<tr>
<td>Texarkana, AR 71854</td>
<td>Texarkana, AR 71854</td>
</tr>
<tr>
<td>870 - 773 - 8687</td>
<td>870 - 772 - 7685 (open until 5:45 pm)</td>
</tr>
<tr>
<td>Little Angel's Playland</td>
<td>Stuckeys in Home Child Care</td>
</tr>
<tr>
<td>1400 Dudley Street</td>
<td>1872 Lonoke Avenue</td>
</tr>
<tr>
<td>Texarkana, AR 71854</td>
<td>Texarkana, AR 71854</td>
</tr>
<tr>
<td>870 - 330 - 9717 (open 24 hours)</td>
<td>870 - 772 - 6312</td>
</tr>
<tr>
<td>Little Christian Friends Daycare</td>
<td>Beliva's Child Care</td>
</tr>
<tr>
<td>1602 Garland Avenue</td>
<td>2913 Pecan Street</td>
</tr>
<tr>
<td>Texarkana, AR 71854</td>
<td>Texarkana 71854</td>
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<tr>
<td>870 - 773 - 0103</td>
<td>870 - 773 - 2895</td>
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<tr>
<td>Hopscotch Learning Center</td>
<td>Washington Hear Start Center</td>
</tr>
<tr>
<td>602 West 12th Street</td>
<td>1900 Marietta Street</td>
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<tr>
<td>Texarkana, AR 71854</td>
<td>Texarkana, AR 71854</td>
</tr>
<tr>
<td>903 -798 - 0160</td>
<td>870 - 330 - 4639 (open until 3:00 pm)</td>
</tr>
</tbody>
</table>
Clark Weekday Program Inc.
400 East 6th Street
Texarkana, AR 71854
870 - 779 - 1932 (open until 3:00 pm)

Weekday Early Education Center
601 Beech Street
Texarkana, AR 71854
870 - 773 - 4762

Pinson Park Preschool
2621 East 42nd Street
Texarkana, AR 71854
870 - 773 - 3350 (open until 5:30 pm)

Community Day Care
5201 County Road 147
Texarkana, AR 71854
870 - 773 - 3901

Texas Side

Henry’s Child Development Center
3115 West 15th Street
Texarkana, TX 75501
903 - 832 - 8325

Little Pals Playskool
2908 Texas Boulevard
903 - 794 - 8926

Grace Place School
4225 McKnight Road
903 - 223 - 6388

Little Learners Child Development
706 North Kings HWY
903 - 794 - 8926

Play & Learn
3422 Richmond Road
903 - 832 - 4716

Learning Center
4058 Summerhill Road
903 - 792 - 4319

Callie’s Playskool
1616 Iowa Street
903 - 793 - 4019

The Training Station
3401 West 7th Street
903 - 832 - 0735

Little Leopard Academy
Highway 59 South
903 - 832 - 1704

Child Care Services
911 North Bishop Street
903 - 794 - 8999

Nash Tiger Learning Center
1600 Waterall Street
903 - 792 - 7991

Wee People Day School
1319 North Robinson Road
903 - 832 - 6776

Pleasant Playland Prep Center
5530 Pleasant Grove Road
903 - 832 - 3836
Red Lick Christian Preschool
3206 North FM 2148
903 - 831 - 5619

Wake Village Playskool
837 Redwater Road
903 - 838 - 5424

United Methodist Church – Hope, AR
870 - 777 - 8816

Church of Christ Hope, AR
870 - 777 - 4569

Miss Dee’s Child Care Hope, AR
870 - 722 - 6403

HIPPY – Home Instruction for Parents of Preschool Youngsters
Evelyn Page, Program Coordination
Southwest Arkansas Education Cooperative
2502 South Main Street
Hope, AR 71801
870 - 777 - 3076

**Educational Opportunity for Young Children**

**Child Care Assistance**
Arkansas Department of Human Services Division of Child Care and Early Childhood Education
P. O. Box 1437, Slot S145
Little Rock, AR 72203

Families must meet the following criteria:
- Meet the established income guidelines.
- Each adult residing in the household must be employed at least 30 hours per week, or be enrolled and attending high school, college, GED classes, vocational school or a training program as a full time student. A combination of school and work is acceptable if the individual is involved at a minimum of 30 hours.
- Have an eligible child. Our program serves children from birth through 12 years of age.
How do I apply for child care assistance?

- You may print and complete the Child Care Assistance Application from the website, request an application by contacting the local Program Eligibility Specialist at your local DHS office, or you may contact the Division of Child Care and Early Childhood Education at 1 - 800 - 322 - 8176 and an application will be mailed to you.
- After you complete the application you may mail or return it to your local Program Eligibility Specialist at your local DHS office or the address listed above.

Early Head Start is a child developmental program for low-income families. Each Early Head Start program is responsible for determining its own eligibility criteria. Family income is one key factor in determining eligibility. The federal poverty guidelines (http://aspe.hhs.gov/poverty/) are used to evaluate family income.

Early Head Start programs may elect to target their services to a particular population to best meet the unique needs of families and children in their community. Please contact the EHS programs in your area (http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices) for specific information about how to enroll in your local Early Head Start.

The Head Start Program, administered by the U. S. Department of Health and Human Services (HHS), provides grants to local private, nonprofit and public agencies to provide child care services to low-income families. Local Head Start programs are authorized to accept a certain percentage of children whose family incomes are above the poverty level and, under certain conditions, pregnant women. HHS provides on its website a Head Start Program Locator Tool.

**Child Care and Development Fund**

The Child Care and Development Fund, a program of the U.S. Department of Health and Human Services, provides child care grants each year to state, tribal, and U.S. territory governments to assist low-income families. The program uses vouchers and provider contracts to provide subsidized child care to eligible families, which include parents and the primary caregivers of children 12 years of age and under, or disabled persons under the age of 19. Eligible applicants are employed, enrolled in a job training or education program, or under court supervision directives that require child care. HHS provides state and tribal contract on its website. Local departments of social services can also provide information about the program.
HIPPY
The Home Instruction for Parents of Preschool Youngsters – known as HIPPY – partners with parents to prepare their children for success in school, particularly those most at risk because of poverty, limited education and English proficiency. HIPPY is an evidenced based family support model that works directly with parents in their homes to give them books, activities and skills needed for them to take responsibility for preparing their children for school. Peer parents educators deliver 30 weeks of high quality school readiness curriculum activities by role play directly to parents, who then work each day with their own three, four and five year old children.

Evelyn Page – Program Coordination, SW Arkansas Education Coop; 2502 South Main, Hope, AR 870 – 777 – 3076
Stephanie Johnson, Home Educator
Manuela Amaya, Home Educator
Ashley Noble, Home Educator
Billie Blakely, Site Instructor: In Prescott, Old McRae
Hazel Smith, Site Instructor: In Prescott, Old McRae

Other Tips for Affordable Child Care
• Local Church Affiliations – Another great option is to approach your local church about after school care or extended day care hours. Usually, they will offer church members free care or very cheap assistance. Most of the time these pre-schools and day care have much less strict requirement than a government day care assistance program. This is a great alternative to finding a home day care or after schools program that can end up costing upwards of $150.00 a week
• In-home child care can be a cheaper option, as well as scheduling your classes in blocks. So you may only have two to three blocks a week that you need child care.
• Childcareaware.org and Daycareproviders.com help you search for child care providers in your area as well as guides on what to look for in each child care.
• Meet-up Groups – Also, look into Meet-up Groups (meetup.org) and look for categories including parenting, babysitting co-ops and child care.

Child Support
• According to the federal government, every child is entitled to receive financial assistance from both parents. It is important to secure this as soon as possible after giving birth. Contact the local Child Support Office in your area.
• This website may be helpful: http://www.supportkids.com/
**Miller County Child Support**
210 North State Line Avenue
Texarkana, AR 71854
(870) 772-3443

**Child Support Enforcement**
122 Plaza West
Texarkana, TX 75503
(903) 223-500)

**Child Support Enforcement**
3115 South Lake Drive
Texarkana, TX 75503
(903) 223-5000

**Hempstead Child Support – Hope, AR**
811 North Hervey Street
870 - 777 - 8400
Unit 5

Community Agencies
Community Agencies

Steven Ogden, M. Ed.; Educational Specialist/ADA Coordinator
U of A Hope-Texarkana,
2500 S. Main – P.O. Box 140
Hope, AR 71801
870-722-8248 Phone
870-722-8291 Fax

Arkansas Rehabilitation Services 870-773-2807
Arkansas Department of Workforce Department 870-777-3421

Arkansas Rehabilitation Services
! 2807 East Broad Street
! 105 Reserve Street
! Texarkana, AR 71854
! Hot Springs, AR 71901
! 870 - 773 - 2807
! 501 - 624 - 4411

! 708 West Faulkner Street
! Pine Hills Health & Rehab
! El Dorado, AR 71730
! 900 Magnolia Road SW
! 870 - 862 - 5451
! Camden, AR 71701
! 870 - 836 - 6833
! 9 am - 5 pm

Arkansas Department of Workforce Department

! 205 Smith Road, Suite A
! 104 Harvey Couch Blvd
! Hope, AR 71801
! Magnolia, AR 71753
! 870 - 777 - 3421
! 870 - 234 - 3440
! M-F 8:00 am - 4:30 pm
! M-F 8:00 am - 4:30 pm

! 1702 Hampton Road
! 502 South 6th Street
! Texarkana, AR/TX
! Arkadelphia, AR 71923
! 870 - 216 - 4011
! 870 - 246 - 2481
! M-F 8:00 am - 4:30 pm
! M-F 8:00 am - 4:30 pm
Goodwill
3410 Saint Michael Drive
Texarkana, TX 75503
903 - 336 - 6146

1916 State Line Avenue
Texarkana, Arkansas 71854
870 - 772 - 5543

Adult Education or GED

Hope Adult Education Center
Charles George, Director
UACCH 2500 South Main Street
Hope, AR 71801
870 - 722 - 8169

Cossatot Community College
Jennifer Black, Director
183 HWY 399
Dequeen, AR
870 - 584 - 4471

Magnolia Columbia County Adult Ed.
Diane Cary, Director
811 Calhoun Road
Magnolia, AR 71753
870 - 234 - 6064

Literacy Council Bowie & Miller Counties
Robbye Magee, Director
600 Walnut Street
Texarkana, AR 71854
903 - 838 - 8521

Texarkana School District
Richard Hampton, Director
710 East Street
Texarkana, AR 71854
870 - 774 - 4414

Bowie -Cass Adult Education
Dean Ransdell, Director
3201 Lincoln Avenue
Texarkana, TX 75505
903 - 793 - 5632 Ext. 171

Literacy Council of Bowie & Miller Counties
Robbye Magee, Director
2500 North Robinson Road
Texarkana, TX 75505
903 - 838 - 8521

Red Cross

American Red Cross
821 Spruce Street
Texarkana, TX 75501
903 - 793 - 5602

American Red Cross
501 North Timberland Drive
El Dorado, AR 71753
870 - 863 - 8196
Unit 6

Counseling Resources
Counseling Resources

Office of Counseling

University of Arkansas Hope-Texarkana
Student Center 2nd Floor SC 224
Hope, AR 71801
870 – 722 - 8225

The mission of the Office of Counseling is to develop the positive thinking of students to achieve their academic and personal goals through providing quality personal, career, and academic counseling. Phyllis E. Hamilton, Guidance Counselor

Southwest Arkansas Counseling & Mental Health Center Inc.

Mission:

It is the mission of the Southwest Arkansas Counseling and Mental Health Center, Inc. to prevent, treat and cure mental illnesses and related disorders regardless of an individual's ability to pay. Serving individuals in Hempstead, Howard, Lafayette, Little River, Miller and Sevier Counties (with limited services in Nevada and Pike Counties).

For over 40 years, Southwest Arkansas Counseling and Mental Health Center, Inc. (SWACMHC) has been providing services for individuals and families throughout southwestern Arkansas. Services are provided to individuals with mental health and/or substance abuse problems, as well as youth experiencing legal problems. (870) 773-4655

Our current services include the following:

- Assessment and Referral
- Outpatient Adult, Child, Family and Marital Therapies
- Psychological Evaluation
- Psychiatric Assessment and Medication Management
- Day Treatment and Community Integration
- Therapeutic Foster Care
- School-based Services
- Youth Services
- Emergency Services
- Substance Abuse Services
- Drug and Alcohol Safety Education Program
- Consultation and Education
- To Schedule an Appointment Contact Us Toll Free at 1-800-652-9166.

*300 East 20th Street
Hope, AR 71801
870 - 777 - 9051

1. Southwest Arkansas Counseling & Mental Health Center Inc
2. Southwest Arkansas Counseling & Mental Health – Rural Health Clinic

110 East 4th Street
Lewisville, AR 71845
(870) 921-5465

3. Southwest Arkansas Counseling & Mental Health Youth Services

300 East 20th Street
Hope, AR 71802
(870) 777 - 9051

4. Jefferson House

3005 East 39th
Texarkana, AR 71854
(870) 772 – 3545

5. Southwest Arkansas Counseling

2904 Arkansas Blvd
Texarkana, AR 71854
(870) 773-4655 or 1- 800 – 652 - 9166

6. Split Rail

1658 Hwy 371
Prescott, AR
(870) 887- 2653

7. Southwest Arkansas Counseling

1312 West Collin Raye Drive
DeQueen, AR
(870) 584 – 7115

8. Southwest Arkansas Counseling

351 North 2nd
Ashdown, AR 71822
(870) 898 – 7234

9. Southwest Arkansas Counseling

508 North 2nd
Nashville, AR 71845
(870) 772-3545
10. Riverview Behavioral Health
701 Arkansas Blvd
Texarkana, AR 71854
(870) 772-5028

12. Counseling Services
5221 North Park Road
Texarkana, TX
(903) 791 – 1051

Julies Weiss: Psychologist
1002 Texas Blvd, Suite 201
Texarkana, TX
(903) 838 – 3322

13. Vista Health-Texarkana SERVICES
701 Arkansas Blvd
Texarkana, AR 71854
(870) 772-5028

14. Highway Health Care SERVICES
5503 North State Line Ave
Texarkana, TX 75503
(903) 794 - 7874

Counseling Express
1125 North Robinson Road
Texarkana, TX
(903) 838 - 3322

Opportunities, Inc.
6101 North State Line Avenue
Texarkana, TX
(903) 791 – 2270

Donna Schuyler Ph.D, LCP
4060 Summerhill Square
Texarkana, TX
(903) 794 – 7736
22. **Domestic Violence and Sexual Assault Services**

24 Hour Crisis Line 903 – 793 – 4357
Texarkana Office: 903 – 794-400
Atlanta Office: 903 – 796 – 8847
Ashdown Office: 870 – 898 – 6070
Hope Office: 870 -777 – 0994

Serving but not limited to: Bowie, Cass, Miller, Little River, Hempstead, and Lafayette Counties. Providing: Emergency Shelter, Legal Services, Support Groups, Outreach and more!

23. **Department of Veterans Affairs**

**Miller County Veteran’s Services**
Ray Harmon:  Service Officer
Miller County Courthouse
400 Laurel Street
Texarkana, AR 71854
870 – 779 – 3604
Office hours: M-F  9:00 a.m. – 4:00 p.m. (1:00 p.m. – 2:00 p.m. lunch) Take appointments, walk-in are welcome.

**Bowie County Veteran’s Services**
Shelia Kegley, Secretary
Bowie County Courthouse
710 James Bowie Drive
New Boston, TX 75570
903 – 628 – 6816   Fax:  903 – 628 – 1762 email: vso@bxkusa.org
Office hours: Tuesday, Wednesday and Friday 9:00 a.m. – 5:00 p.m. ) (Closed 12:00 – 1:00 p.m. for lunch)
*Evenings (Tuesdays 5:00 p.m. to 7:00p.m. New Boston Courthouse Mailroom)

**Readjustment Counseling Services – Southwest Arkansas**
Garett B. Juneau, B.A Veteran Outreach Program Specialist
Direct line: 318 – 990 – 4482   email garret.juneau@va.gov
318 – 709 – 8267 ©  Toll Free: 800 – 863 – 7441; EX 4482

**Littler County Veteran’s Services**
Julius Milam:  Service Officer
Little River County Courthouse
351 North 2nd Street Suite 17  Ashdown, AR  71822
870 – 898 – 7261
Hempstead County Veteran’s Services
Leon Price: Veterans Officer
Hempstead Courthouse
400 South Washington
P. O. Box 1420  Hope, AR 71801
870 – 722 – 8028   Fax: 870 – 777 – 7814
Office Hours: Tuesdays and Thursdays 8:00 a.m. to 4:00 p.m.  Fridays 8:00 a.m. to 12 noon

Columbia County Veteran’s Services
Pam Ravenscraft: Veterans Service Officer
101 South Court Square
Magnolia, AR 71753
870 – 235 – 3746

Lafayette County Veterans Office
110 East 4th Street
Suite 9
Lewisville, AR 71845 – 8878
870 – 921 – 4547

Howard County Veterans Office
Robert Bowels, Veterans Service Officer
Howard Courthouse
421 North Main Street
Nashville, AR 71852
870 – 845 – 7535

Miller County Veteran's Services (Texarkana, AR 71854
Ray Harmon, Service Officer
400 Laurel Street
Texarkana, AR 71854
870 – 779 – 3604
Location Miller County Courtroom Basement
Open Monday thru Friday  9:00 a.m. to 4:00 p.m.
We currently take appointments, walk-ins are welcome. Appointments have priority. Lunch Office closed from 1:00 p.m. to 2:00 p.m.
Unit 7

Crisis Resources

Social

Bearable

Equitable

Sustainable

Viable

Environment

Economic
Currently, our hours of operation are between of **7:00 am and 11:00 pm when volunteers are available to answer**. If you need assistance during hours when we are not available, or if for any reason you are unable to connect with us on our hotline or through chat, please call the National Suicide Prevention Lifeline at **1-800-273-8255** (TALK). If for any reason you are still unable to connect and you are in immediate danger, please dial 9-1-1. **Please note that when we are unavailable, you will receive a voice message asking you to call the National Suicide Prevention Lifeline at **1-800-273-8255** (TALK), where your call will be routed to the next available crisis call center.

*If you would like to help us expand our hours of operation on our hotline, online crisis chat, survivors of suicide support groups, or community suicide prevention and awareness, please contact Melissa Jackson, Crisis Services Program Manager, at mjackson@arcrisis.org we need your help!*  
In 1985, the Arkansas Crisis Center (formerly known as the Northwest Arkansas Crisis Intervention Center) started as an all-volunteer organization committed to listening to Arkansans in crisis.

Today, our staff and volunteers continue in the footsteps of our founders to restore hope, empower people, and save lives through suicide awareness and crisis intervention services for those experiencing crisis in Arkansas. Our goal is that everyone will have the help they need to prevail over crises and will use the experience to make positive changes in their lives.

The ACC plays a crucial role in linking residents in need with available community resources. It is our vision that ACC will be the recognized leader in suicide awareness and crisis intervention services throughout the state of Arkansas.

The Arkansas Crisis Center is a 501(c) 3 organization and needs your support to continue to provide our mission of Restoring Hope, Empowering People and Saving Lives in Arkansas.

**Please help by donating now. For more information contact Mary Katherine McKinley, Executive Director, at 479.365.2140.**
Arkansas Suicide Hotlines

Arkansas - Statewide

**Northwest Arkansas Crisis Intervention Center**

24 hours / 7 days
Toll-free Statewide
1-888-274-7472
Teenline
(501) 872-TEEN (8336)

Phone Friend for Kids - 24-hour
Warmline for Latchkey Kids
1-888-723-3225

1-800-393-9667 - TTY
Mon-Fri - 8am-5pm
HOT SPRINGS

**Community Counseling Services**

24 Hour Emergency Phone
(501) 624-7111
1-800-264-2410

Arkansas

State Suicide Prevention

**State Suicide Prevention Website:**

[Arkansas Department of Health, Injury Prevention](#)

**Contacts**

Joy Gray

Program Manager
4815 West Markham
Slot 4
Little Rock, AR 72205
United States
Lana.Gray@arkansas.gov

How to Help a Suicidal Person

**How to Help a Suicidal Person**  by Kevin Caruso

If the suicidal person needs to be hospitalized (or is hospitalized), please click on the following:

**How to Help a Suicidal Person Who Needs Hospitalization**

- **Always take suicidal comments very seriously.** When a person says that he or she is thinking about suicide, you must always take the comments seriously. Assuming that the person is only seeking attention is a very serious, and potentially disastrous, error. Get help immediately.

- **Follow the information that is on the home page of Suicide.org.** Feel free to view the home page of this site and to use it to help you. Dealing with a person who is suicidal is not easy, so following what is on the home page of Suicide.org can help you.
And always remember that you need to call 911 or your local emergency number immediately for anyone who is at a high risk for suicide. Do not hesitate.

- **Try not to act shocked.** The person is already highly distressed, and if you are shocked by what is said, the person will become more distressed. Stay calm, and talk with him or her in a matter-of-fact manner, but get help immediately. If the person is at a high risk for suicide, call 911 immediately.

- **Get help immediately.** Call 911, 1-800-SUICIDE, or 1-800-273-8255. This point cannot be overemphasized; a person who is suicidal needs immediate professional help.

- **Do not handle the situation by yourself.** A suicidal person needs immediate assistance from qualified mental health professionals. Again, call 911, 1-800-SUICIDE, or 1-800-273-8255. And do not allow untrained individuals to act as the only counselors to the individual.

**While you are waiting for help to arrive (or if there is no emergency):**

- **Listen attentively to everything that the person has to say.** Let the person talk as much as he or she wants to. Listen closely so that you can be as supportive as possible, and learn as much as possible about what is causing the suicidal feelings.

- **Comfort the person with words of encouragement.** Use common sense to offer words of support. Remember that intense emotional pain can be overwhelming, so be as gentle and caring as possible. There is no script to use in situations like these, because each person and each situation is different. Listen carefully, and offer encouraging words when appropriate.

- **Let the person know that you are deeply concerned.** Tell the person that you are concerned, and show them that you are concerned. A suicidal person is highly vulnerable and needs to feel that concern.

- **If the person is at a high risk of suicide, do not leave him or her alone.** Do not leave a critically suicidal person alone for even a second. Only after you get professional help for the person can you consider leaving him or her.

- **Talk openly about suicide.**

  Ask the person, "Are you feeling so bad that you are thinking about suicide?"

  If the answer is yes, ask, "Have you thought about how you would do it?"

  If the answer is yes, ask, "Do you have what you need to do it?"

  If the answer is yes, ask, "Have you thought about when you would do it?"

Here are those four important questions in abbreviated form:

1. **Suicidal?**
2. **Method?**
3. **Have what you need?**
4. **When?**
You need to know as much as possible about what is going on in the person’s mind. The more planning that someone has put into a suicide, the greater the risk. If the person has a method and a time in mind, the risk is extremely high and you cannot hesitate to call 911 and ensure that professional treatment is given.

- **If the person talks about using a firearm that he or she owns for suicide, call the police so they may remove the firearm(s).** Firearms are used in the majority of suicides, and those who use a firearm usually do not survive. It is thus an emergency that needs to be handled by the police immediately.
- **Don’t be judgmental.** Do not invalidate anything that the person says or feels. The person is probably suffering from a chemical imbalance in the brain, and thus could not possibly think clearly. Be supportive and caring, not judgmental, but get help immediately.
- **Be careful of the statements that you make.** You do not want to make the person feel any worse than he or she already does. Again, the person is probably suffering from a chemical imbalance in the brain and is thus extremely sensitive.
- **Listen, listen, listen. Be gentle, kind, and understanding.** Again, allow the person to talk as much as he or she wants. Always listen very attentively, and encourage him or her to talk more. Be as gentle, kind, and understanding as possible.
- **Let the person express emotion in the way that he or she wants.** Allow the person to cry, yell, swear and do what is necessary to release the emotion. However, do not allow the person to become violent or harm himself or herself.
- **Again, use the home page of Suicide.org to help the person.** Make a copy of it and give it to him or her. This will not only help the person now, but also in the future when he or she needs help. You can also make copies of any of the pages of the Suicide.org site that you think will help the person, and give them to him or her. (There is no charge for distributing copies of pages of this site in print media, not on the Internet, for noncommercial, nonprofit use.)
- **After the person has received help and is no longer critically suicidal, help the person make an appointment with a medical doctor and a therapist.** If the person has not yet seen a medical doctor or a therapist, help him or her make the appointments. Suicidal feelings need to be dealt with on a professional level. Only trained professions should assume the care for the person. This is very important. Do not try to help the person by yourself. Make sure that the person is seen by a medical doctor and a therapist.
- **Before you leave the person, make sure that he or she has received professional help from qualified mental health professionals or that the risk of suicide has dissipated.** You cannot leave the person until the risk of suicide is gone or he or she is in treatment. A person who is suicidal is at risk of suicide at any juncture. Ensure that all appropriate actions are taken to help the person before you leave.
- **When in doubt about what to do, call 911 immediately. Be safe.** A suicidal person needs professional help. Period. If you are not sure what to do, it is certainly better to err on the side of caution and get professional assistance immediately. Again, if you are not sure what to do, call 911.
If someone tells you that you need to keep his or her suicidal intentions a secret, then you never can keep that "secret." Under no circumstances can you keep a "secret" that could cause someone’s death. You are not violating a privileged communication; you are taking the steps necessary to prevent a suicide. That is an expression of love, caring, and deep concern, and is the only ethical choice in a situation as serious as this.

Follow up with the person on a regular basis to make sure that he or she is doing okay. Suicidal feelings can come and go, so follow up to see how the person is. It is very important to show continued support. If the person becomes suicidal again, take immediate action to help him or her.

Suicidal Prevention Resource Center

Region 7 UAMS SOUTH Prevention Services

UAMS South, Regional Prevention Provider

Funded by the Department of Human Services/Division of Behavioral Health Services

Covering Calhoun, Columbia, Dallas, Hempstead, Howard, Lafayette, Little River, Miller, Nevada, Ouachita, Sevier, and Union Counties in South and Southwest Arkansas

Regional Prevention Representatives in Three Locations:

<table>
<thead>
<tr>
<th>Magnolia</th>
<th>Texarkana</th>
<th>Prescott</th>
</tr>
</thead>
<tbody>
<tr>
<td>UAMS South</td>
<td>UAMS Southwest</td>
<td>McRae Middle School</td>
</tr>
<tr>
<td>1617 N. Washington Street</td>
<td>300 East 6th Street</td>
<td>1030 E. 5th North</td>
</tr>
<tr>
<td>Magnolia, AR 71753</td>
<td>870 - 773 - 6272</td>
<td>870-887-2521</td>
</tr>
<tr>
<td>870 - 234 -</td>
<td>Fax: 870 - 562 - 2559</td>
<td>Fax: 870-773-6460</td>
</tr>
<tr>
<td>Fax:</td>
<td><a href="mailto:PJCulver@uams.edu">PJCulver@uams.edu</a></td>
<td><a href="mailto:TNBlakely@uams.edu">TNBlakely@uams.edu</a></td>
</tr>
</tbody>
</table>

Prevention Services works to create awareness about substance misuse and abuse and to help youth and adults make healthy choices about alcohol and other drugs. Behavioral health issues such as depression, suicide, anger, and
positive parenting are some of the topics in the Prevention Services’ clearinghouses of brochures and pamphlets.

Prevention Services assists in providing prevention awareness and education with County Coalitions, Schools, Law Enforcement, Non-profits, Faith Based Organizations, Local Government, Business and Industry, After School Programs, Youth Organizations and many other groups in our region.

The three prevention representatives help spread the word about national drug prevention campaigns such as Red Ribbon Week, Prescription Drug Take Back Days, Suicide Prevention Month, World No Tobacco Day and other observances of prevention causes.

Prevention Services provides trainings to the community for contact hours in Substance Abuse Prevention, Tobacco Merchant Education, Coalition Development, Youth Leadership and other topics.

UAMS South Prevention Services facilitates the Arkansas Prevention Needs Assessment Survey in the state by recruiting our 31 school districts to participate in the survey for 6th, 8th, 10th and 12th grade students. The APNA is given every November, and approximately 100,000 students take part every year in the state. The information from the APNA gives the state, regions, counties and school districts trend data about what students are saying about risky and protective behaviors. Many communities use the data to apply for grants. Information from the survey may be found at www.arkansas.pridesurveys.com.

Every year, Prevention Services also facilitates the Synar Tobacco Compliance Checks where underage youth volunteers attempt to purchase tobacco products in convenience, tobacco, and wholesale stores. This data is used to comply with the federal Synar Amendment which determines if the state’s prevention monies are cut. Arkansas has one of the highest no-sell rates in the nation.
What can you do to help prevention in our community?

1. Have a conversation! Talk to your children, grandchildren, neighbors about anything...just talk to youth and let them talk to you. They’ll really listen! This will give them protective factors that will help them probably not abuse drugs and alcohol in the future.

2. Volunteer! There’s so many groups that would love your help...schools, libraries, churches, Boys and Girls Clubs, afterschool programs, etc. Just ask around; you’ll find a place that needs YOU!

3. Get educated! Attend workshops, look on the internet, go to health fairs, come to the Prevention Services' offices and get some of our brochures. Just knowing a little makes you so much smarter. Then share the information with others.

4. Get rid of old or unused prescription drugs! Every county in our region has a Prescription Drug Drop Box. Take your unused drugs to the drop boxes and remove them from your home as a temptation to someone. Thousands of pounds of unused and expired prescription drugs are turned in across Arkansas twice every year. Arkansas leads the nation in prescription drugs collections, but is the worst state in the nation for teenage prescription drug abuse. Nationwide, a life is lost every 19 minutes to prescription drug abuse or misuse.

5. Join your county coalition! They’re the ones who really know what’s going on in your counties. Your coalitions will help you develop connections with
others. There’s more things happening than you can believe, and they’re all to help people make good decisions about their health. You can find out what YOU can do to help prevention in our community!

(Check with your prevention representative to see when your county coalition meets.)

Prevention works if you work for prevention.

1- 888 (274-7472)

What We Do?

Arkansas Crisis Hotline

The Arkansas Crisis Center offers assistance to anyone in crisis during our posted hours through the Arkansas Crisis Hotline. Individuals with concerns ranging from depression, suicidal thoughts, substance abuse, physical and emotional abuse, relationship violence, divorce, loneliness, sexual assault, HIV/AIDS, financial difficulties, runaways and other youth issues, emergency shelter, pregnancy, sexual orientation, etc. may call and receive free, compassionate, and nonjudgmental assistance, all while remaining completely anonymous. Dial 1-888-CRISIS2 (274-7472) to talk with a crisis intervention specialist during our posted hours. You can also call the National Suicide Prevention Lifeline anytime at 1-800-273-8255 (TALK). We are here to listen and support you through whatever difficult times you may be facing; however, if for any reason you are unable to connect and you are in immediate danger, please dial 9-1-1.

Currently, our hours of operation are: Sunday 6pm thru Monday 12pm, Tuesday & Wednesday 9am thru 7pm, Thursday 9am thru Friday 12pm. If you need assistance during hours when we are not available, or if for any reason you are unable to connect with us, please call the National Suicide Prevention
Lifeline at 1-800-273-8255 (TALK). However, if for any reason you are still unable to connect and you are in immediate danger, please dial 911.

**Please note that when we are unavailable, you will receive a voice message asking you to call the National Suicide Prevention Lifeline at 1-800-273-8255 (TALK), where your call will be routed to the next available crisis center.

**Online Crisis Chat**

Not everyone has access to a phone or a private environment from which to call. Others are not comfortable talking on the phone. For those situations, we have Online Crisis Chat. The same support and assistance offered through our hotline is also offered through our chat line. Crisis Chat is currently available from 6pm to 11pm Sunday - Wednesday. Visit www.arcrisis.org and click on the “chat now” button. If for any reason you are unable to connect and you are in immediate danger, please dial 9-1-1.

**Community Outreach**

The Arkansas Crisis Center is committed to raising awareness about suicide prevention in our state. We offer informative programs to civic groups, churches, community groups, businesses and schools. We are also available to participate in community events such as health fairs and mental health workshops. For more information contact Melissa Jackson at (479) 365-2142 or mjackson@arcrisis.org.

**Survivors of Suicide (SOS) Support Group**

The Arkansas Crisis Center hosts Survivors of Suicide (SOS) support groups, both for survivors of suicide loss and suicide attempts. For so many survivors, a crucial part of their healing process is the support and sense of connection they feel through sharing their grief with other survivors. These groups provide a safe place where survivors can share their experiences and support each other. Please note that these groups are not currently meeting. However, if you are interested in joining or facilitating an SOS Group, please contact Melissa Jackson at (479) 365-2142 or mjackson@arcrisis.org.
Community Resources

**Center for Artistic Revolution**

**Diamond State Rodeo Association**

HRC Arkansas is the local presence of the Human Rights Campaign in the Natural State. We’re working for lesbian, gay, bisexual and transgender equality.

The Human Rights Campaign envisions a world where lesbian, gay, bisexual and transgender people are ensured equality and embraced as full members of society at home, at work and in every community.

Facebook: HRC Arkansas

Website: [http://www.hrc.org/arkansas](http://www.hrc.org/arkansas) Email: hrcarkansas@hrc.org
The objective of the SDC is to advance equal rights for all people, regardless of sexual orientation or gender identity. The SDC supports the Democratic Party and Democratic candidates who support our mission. The SDC will work to define and implement the platform policies of the Democratic Party at local, state, and national levels to reflect the needs and desires of the gay, lesbian, bisexual, and transgendered community, to promote the election of GLBT persons to office within the Party, to promote the election of GLBT candidates to public office, and to work with Stonewall Democratic clubs across the United States.

Facebook: https://www.facebook.com/groups/SDCofAR/

Website: http://www.stonewallarkansas.com

The goal of this organization is to advance equality, justice and inclusiveness for transgender and gender non-conforming Arkansans through a statewide trans-led organization. In the end, improve the lives of transgender Arkansans and all Arkansans.

The transgender community in Arkansas may be small, but our supporters are vast. It will be necessary to build a coalition with members of the greater LGBTQ community, supportive families, providers, allies, friends, community leaders, businesses, faith community members and organizations. The community is in extreme need of resources and infrastructure and it requires a team effort.

Transgender people often don’t get a seat at the table in decision making processes in Arkansas, and when they do, they are often invited to a table someone else set up. Let’s build a table together for the transgender community of Arkansas so more people can get a seat, have their voices heard, and issues addressed.

ARTEC provides a Name & Gender change clinic and health resources.

LGBT Youth
Lucie’s Place is a dream in response to the nightmare that is many young Lesbian, Gay, Bisexual, Transgender & Queer (LGBTQ) peoples lives. The board of Lucie’s Place is working to open a long-term transitional shelter in the Central Arkansas area, which will be open specifically to LGBTQ identified young adults.

Lucie’s Place offers a drop in center that includes:

- Storage for your belongs & important documents
- Cell phones & minutes
- Bus Passes
- Some Food
- Toiletries
- Some clothing
- Case management
- Referrals to other programs in the area you qualify for

They also provide a free counseling program.

Phone: 1-855-LuciesP (1-855-582-4377)
Office Phone: 501-508-5005
E-mail: LuciesPlaceAR@gmail.com

Facebook: Facebook.com/LuciesPlace   Twitter: Twitter.com/LuciesPlaceAR

Gay Straight Alliances (College)

The Alliance is a UALR organization for straight, gay, lesbian, bisexual, and transgender students to come together in an accepting, open environment designed to discuss topics related to both the gay and straight communities. We promote the acceptance of all minorities on campus and work to fight discrimination by educating others on issues challenging the gay community.

Facebook: UALR's Alliance
The Trans Teen Online Talk Group

Wednesdays

4-6 pm Pacific
5-7 pm Mountain
6-8 pm Central
7-9 pm Eastern

A weekly moderated group for transgender, pan-gender, gender-fluid teens to talk in a safe space and to be able to fully express themselves without fear of being made to feel uncomfortable or unwelcome. To discuss concerns, issues and to talk about personal victories.

The Trans Teen Online Talk Group is open to ages 12 to 19 and is a welcoming and safe environment

That is accepting to all.

Please be respectful of the diversity of all gender identities and expressions.

Do not assume anyone’s gender identity.

Please use a person’s chosen name and pronoun.

This is NOT a hookup/sex site.
Giving out your personal contact information is prohibited.

We will not permit sexist, homophobic, transphobic jokes or comments.

Moderators will remove users who promote violence, bullying, sexually explicate speech, harassment or hate speech or attempts to use the Talk Group as a hookup site.

For more information: Email help@GLBThotline.org

When joining group, please sign in as GUEST.

At times the chat room may not be the right place for a private conversation about personal issues. At those times the moderator may ask you to continue the discussion as a private one to one chat. You can do so by clicking on the OnlinePeer-Support Chat button to the right or go to www.GLBThotline.org/chat.

LGBT Resource List

Political

Equality Federation

Human Rights Campaign (HRC)

National LGBTQ Task Force

Victory Fund

Bisexual

BIENESTAR

BiNetUSA

Bisexual.org

Bisexual Resource Center

Youth

Gay, Lesbian & Straight Education Network (GLSEN)
GSA Network
LGBTQ Student Resources & Support
Point Foundation
Safe Schools Coalition
The Trevor Project

Military
The American Military Partner Association (AMDA)
American Veterans for Equal Rights
OutServe-Service Members Legal Defense Network
Palm Center
Transgender American Veterans Association
Veterans for Human Rights

Transgender
National Center for Transgender Equality (NCTE)
Sylvia Rivera Law Project
Transgender Law Center
Transgender Legal Defense & Education Fund

Aging
National Resource Center for LGBT Aging
Services and Advocacy for Gay, Lesbian, Bisexual & Transgender Elders (SAGE)

Legal

American Civil Liberties Union (ACLU)
Lambda Legal
The LGBT Bar
National Center for Lesbian Rights (NCLR)

General

Anti-Violence Project
CenterLink
COLAGE
GMHC
Matthew Shepard Foundation
Movement Advancement Project
Out & Equal
Parents, Families and Friends of Lesbians and Gays (PFLAG)
Straight for Equality

The Williams Institute
Arkansas Crisis Center
Diversity Pride
Eureka Pridefest
Gay-Straight Alliance
Bentonville High School Tigers for Equality
Fayetteville High School Gay-Straight Alliance
The Goddess Festival
Northwest Arkansas Community College Gay-Straight Alliance
HIV Arkansas
NWA Rape Crisis 800-794-4175 (24-hour crisis hotline)
OMNI Center
Parents, Families & Friends of Lesbians and Gays (PFLAG) 479-466-9350
Transgender Equality Network
UA Pride

STATE RESOURCES
Arkansas AIDS Foundation
Arkansas Crisis Center
Arkansas Equality Network
Arkansas Gay History Blogger
Arkansas Transgender Support
Center for Artistic Revolution
Out in Arkansas
Pride, Raising awareness, Involvement, Support, and Mentoring (PRISM)
University of Central Arkansas
The Gayly
Students Together Respecting Individual Differences and Equality (STRIDE)
Arkansas Tech University
Queer Coalition Conference
The Big Gay Radio Show

NATIONAL RESOURCES
The Advocate
Alyson Books
CenterLink
Curve Magazine
Equality Forum
Families United Against Hate
Family Pride
Gamma Mu Foundation
Gay & Lesbian Alliance Against Defamation
The Gay, Lesbian and Straight Education Network
GLBT History Month
Human Rights Campaign (HRC) 202-628-4160
Lambda Legal lambdalegal.org

National Black Justice Coalition

OUT Magazine

National Gay and Lesbian Task Force 202-332-6483

Parents, Families & Friends of Lesbians and Gays (PFLAG) 202-638-4200

The Rainbow Babies

The Trevor Project 866-488-7386 (24-hour crisis & suicide hotline)

LGBT Mortgage Info
HIV/AIDS

What is HIV?

HIV stands for human immunodeficiency virus. It is the virus that can lead to acquired immunodeficiency syndrome, or AIDS. Unlike some other viruses, the human body cannot get rid of HIV. That means that once you have HIV, you have it for life.

No safe and effective cure currently exists, but scientists are working hard to find one, and remain hopeful. Meanwhile, with proper medical care, HIV can be controlled. Treatment for HIV is often called antiretroviral therapy or ART. It can dramatically prolong the lives of many people infected with HIV and lower their chance of infecting others. Before the introduction of ART in the mid-1990s, people with HIV could progress to AIDS in just a few years. Today, someone diagnosed with HIV and treated before the disease is far advanced can have a nearly normal life expectancy.

HIV affects specific cells of the immune system, called CD4 cells, or T cells. Over time, HIV can destroy so many of these cells that the body can’t fight off infections and disease. When this happens, HIV infection leads to AIDS.

HIV stands for human immunodeficiency virus. It is the virus that can lead to acquired immunodeficiency syndrome or AIDS if not treated. Unlike some other viruses, the human body can’t get rid of HIV completely, even with treatment. So once you get HIV, you have it for life.

HIV attacks the body’s immune system, specifically the CD4 cells (T cells), which help the immune system fight off infections. Untreated, HIV reduces the number of CD4 cells (T cells) in the body, making the person more likely...
to get other infections or infection-related cancers. Over time, HIV can destroy so many of these cells that the body can’t fight off infections and disease. These opportunistic infections or cancers take advantage of a very weak immune system and signal that the person has AIDS, the last stage of HIV infection.

No effective cure currently exists, but with proper medical care, HIV can be controlled. The medicine used to treat HIV is called antiretroviral therapy or ART. If taken the right way, every day, this medicine can dramatically prolong the lives of many people infected with HIV, keep them healthy, and greatly lower their chance of infecting others. Before the introduction of ART in the mid-1990s, people with HIV could progress to AIDS in just a few years. Today, someone diagnosed with HIV and treated before the disease is far advanced can live nearly as long as someone who does not have HIV.

The Centers for Disease Control and Prevention (CDC) estimates that 1 to 1.2 million U.S. residents are living with HIV infection or AIDS; about a quarter of them do not know they have it. About 73 percent of the 56,000 new infections each year are in men, and about 27 percent in women.

Where did HIV come from?

Scientists identified a type of chimpanzee in Central Africa as the source of HIV infection in humans. They believe that the chimpanzee version of the immunodeficiency virus (called simian immunodeficiency virus, or SIV) most likely was transmitted to humans and mutated into HIV when humans hunted these chimpanzees for meat and came into contact with their infected blood. Studies show that HIV may have jumped from apes to humans as far back as the late 1800s. Over decades, the virus slowly spread across Africa and later into other parts of the world. We know that the virus has existed in the United States since at least the mid to late 1970s.
What are the stages of HIV?

When people get HIV and don’t receive treatment, they will typically progress through three stages of disease. Medicine to treat HIV, known as antiretroviral therapy (ART), helps people at all stages of the disease if taken the right way, every day. Treatment can slow or prevent progression from one stage to the next. It can also dramatically reduce the chance of transmitting HIV to someone else.

Stage 1: Acute HIV infection

Within 2 to 4 weeks after infection with HIV, people may experience a flu-like illness, which may last for a few weeks. This is the body’s natural response to infection. When people have acute HIV infection, they have a large amount of virus in their blood and are very contagious. But people with acute infection are often unaware that they’re infected because they may not feel sick right away or at all. To know whether someone has acute infection, either a fourth-generation antibody/antigen test or a nucleic acid (NAT) test is necessary. If you think you have been exposed to HIV through sex or drug use and you have flu-like symptoms, seek medical care and ask for a test to diagnose acute infection.

Stage 2: Clinical latency (HIV inactivity or dormancy)

This period is sometimes called asymptomatic HIV infection or chronic HIV infection. During this phase, HIV is still active but reproduces at very low levels. People may not have any symptoms or get sick during this time. For people who aren’t taking medicine to treat HIV, this period can last a decade or longer, but some may progress through this phase faster. People who are taking medicine to treat HIV (ART) the right way, every day may be in this stage for several decades. It’s important to remember that people can still transmit HIV to others during this phase, although people who are on ART and stay virally suppressed (having a very low level of virus in their blood) are
much less likely to transmit HIV than those who are not virally suppressed. At the end of this phase, a person's viral load starts to go up and the CD4 cell count begins to go down. As this happens, the person may begin to have symptoms as the virus levels increase in the body, and the person moves into Stage 3.

**Stage 3: Acquired immunodeficiency syndrome (AIDS)**

AIDS is the most severe phase of HIV infection. People with AIDS have such badly damaged immune systems that they get an increasing number of severe illnesses, called opportunistic illnesses.

Without treatment, people with AIDS typically survive about 3 years. Common symptoms of AIDS include chills, fever, sweats, swollen lymph glands, weakness, and weight loss. People are diagnosed with AIDS when their CD4 cell count drops below 200 cells/mm or if they develop certain opportunistic illnesses. People with AIDS can have a high viral load and be very infectious.

**How do I know that I have HIV?**

The only way to know for sure whether you have HIV is to get tested. Knowing your status is important because it helps you make healthy decisions to prevent getting or transmitting HIV.

Some people may experience a flu-like illness within 2 to 4 weeks after infection (Stage 1 HIV infection). But some people may not feel sick during this stage. Flu-like symptoms include fever, chills, rash, night sweats, muscle aches, sore throat, fatigue, swollen lymph nodes, or mouth ulcers. These symptoms can last anywhere from a few days to several weeks. During this time, HIV infection may not show up on an HIV test, but people who have it are highly infectious and can spread the infection to others.

If you have these symptoms, that doesn't mean you have HIV. Each of these symptoms can be caused by other illnesses. But if you have these symptoms
after a potential exposure to HIV, see a health care provider and tell them about your risk. The only way to determine whether you are infected is to be tested for HIV infection.

Is there a cure for HIV?

No effective cure currently exists for HIV. But with proper medical care, HIV can be controlled. Treatment for HIV is called antiretroviral therapy or ART. If taken the right way, every day, ART can dramatically prolong the lives of many people infected with HIV, keep them healthy, and greatly lower their chance of infecting others. Before the introduction of ART in the mid-1990s, people with HIV could progress to AIDS (the last stage of HIV infection) in a few years. Today, someone diagnosed with HIV and treated before the disease is far advanced can live nearly as long as someone who does not have HIV.

HIV Arkansas’ Tenth Year Anniversary

HIV Arkansas is celebrating its tenth year of providing support, advocacy and education for the HIV community in Arkansas. We trace our beginnings to the Positive Links Buddy program founded by long term HIV survivor Chris Hannon. The original concept was based on a support organization in San Diego, California. Michael Burks and Heath Lance, founders of HIV Arkansas, joined the buddy program on September 30, 2007. Michael and Heath, together with a group of dedicated visionaries like Dietrich and Kristine Bengs had the dream of taking the organization to the next level.

In May of 2009 the program, NWA Positive Links Support Network (HIV Arkansas), was incorporated with the State of Arkansas as a state public charity. Shortly afterward we obtained our 501(c) 3 status from the IRS to become a federally recognized non-profit public charity.
We have grown from a monthly breakfast gathering to a thriving organization reaching the community in dynamic ways.

**Below is a listing of some of our accomplishments:**

Held two HIV awareness walks. The first walks ever to be held in the NW Arkansas area.

Conducted an HIV Advocacy Conference in Fayetteville with more than a hundred attendees.

Public forums with the Arkansas Department of Health concerning the management of Ryan White program funds.

Attended Regional and National HIV/AIDS conferences.

Served on HIV state boards and work groups.

Hosted five Positive Living Retreats for those living with or affected by HIV/AIDS.

Raised money for the NWA Regional HIV Clinic.

Provided food support through holiday food drives for those in the HIV community.

Held educational workshops in Rogers, Springdale, Fayetteville, Ft. Smith and at Arkansas Tech University.

Established a confidential HIV support hotline

Established a website for HIV education and information pertaining to Arkansas.

Engaged the community though outreach and education at health fairs and community events.

Partnered with other agencies to provide HIV Testing.
In 2011, HIV Arkansas was awarded a Certificate of Appreciation from The Community Clinic, a Healthcare Ministry of St. Francis House NWA.

In 2013, Michael Burks, president of HIV Arkansas was awarded the Dr. Estelita Quimosing AIDS Leadership Award during the 5th Regional HIV/AIDS Conference in Little Rock.

Have appeared on round table discussions on AETN (Arkansas public television.

Attended town hall meeting commissioned by President, Barrack Obama in Jacksonville, Mississippi.

And most importantly, we have conducted over 180 HIV support meetings!

Over the years HIV Arkansas has been proud to serve the HIV positive community in Arkansas and especially NW Arkansas. And we look forward to another 10 years of service.

OTHER CRISIS RESOURCES

To connect with a Crisis Counselor at Crisis Text Line, text GO to the phone number 741741

Boys Town

1-800-448-3000 (24/7)

Live Chat with Boys Town (Monday-Thursday, 9pm-12pm EST)

Email Boys Town

National Suicide Prevention Lifeline

1-800-273-8255 (24/7) Press 1 for Veterans line
Disaster Distress Helpline
1-800-985-5990
Text TalkWithUs to 66746
TTY for Deaf/Hearing Impaired: 1-800-846-8517

**DATING ABUSE & DOMESTIC VIOLENCE**

loveisrespect
1-866-331-9474/tty: 1-866-331-8453 (24/7)
Live Chat with loveisrespect (7 days/week, 5pm-3am EST)

**National Domestic Violence Hotline**
1-800-799-7233 (24/7)
Email the National Domestic Violence Hotline (24/7)

**RAINN: Rape, Abuse and Incest National Network**
1-800-656-4673 (24/7)
Live Chat with RAINN (24/7)

**HUMAN TRAFFICKING**

National Human Trafficking Resource Center
1-888-373-7888
Text BeFree (233733)

**CHILD ABUSE**

**USA National Child Abuse Hotline**
1-800-422-4453 (24/7)
RUNAWAYS

National Runaway Safe line
1-800-786-2929 (24/7)

Live Chat with National Runaway Safe line (5:30pm - 12:30am EST)

EATING DISORDERS

National Eating Disorders Association
1-800-931-2237 (Monday-Friday, 11:30 am-7:30 pm EST)

ANAD: National Association of Anorexia Nervosa and Associated Disorders
630-577-1330 (Monday-Friday, 12 pm-8 pm EST)

Email ANAD

CUTTING/SELF INJURY

Safe Alternatives

Email SAFE Alternatives for information on seeking help

Call 800-366-8288 for information on seeking help

SUPPORT FOR GAY, LESBIAN, BISEXUAL AND TRANSGENDER (GLBT) YOUTH

GLBT National Youth Talk

Call 1-800-246-7743 (Monday-Friday, 4pm-12 am EST/Saturday, 12pm-5pm EST)

Email the GLBT National Youth Talk

The Trevor Project
Call 866-488-7386 (24/7)

Live Chat with the Trevor Project (Daily 3pm- 9pm EST)

REPRODUCTIVE HEALTH

Planned Parenthood
1-800-230-7526

Live Chat

STI Resource Center

Call 919-361-8488 (Monday-Friday, 8:00 am-6:00 pm EST)

VETERANS

Veterans Crisis Line

Call 1-800-273-8255 (24/7)

Live Chat with the Veterans Crisis Line (24/7)
LGBT rights in Arkansas

Lesbian, gay, bisexual, and transgender (LGBT) persons in the U.S. state of Arkansas face some legal challenges not experienced by non-LGBT residents. Same-sex sexual activity is legal in Arkansas. Same-sex marriage in Arkansas became legal through a court ruling on May 9, 2014,[1] subject to court stays and appeals.

Law regarding same-sex sexual activity

In 1838 Arkansas instituted the first statute against homosexual activity with a provision which read: "Every person convicted of sodomy or buggery will be imprisoned in the state penitentiary for not less than one year nor more than 21 years." This legislation was subsequently amended in 1977 to penalize only homosexual acts, or sexual acts occurring between humans and animals; but in effect decriminalized sodomy by making it a Class A misdemeanor.

In 2002, the Arkansas Supreme Court in Picado v. Jegley found that the state statute that made sexual relations between people of the same gender a criminal act was unconstitutional because the law violated a fundamental right to privacy and failed to provide the equal protection of the laws.[2][3]
On April 4, 2005, the Arkansas House of Representatives passed, by a vote of 85-0, in favor SB 984, a bill repealing laws against sexual acts among same-sex couples. On April 7, 2005, the Arkansas State Senate passed, by a vote of 35-0, in favor of the bill. Governor Mike Huckabee signed the bill into law, which went into effect on April 12, 2005.[4]

**Same-sex marriage in Arkansas**

*Main article: Same-sex marriage in Arkansas*

Arkansas bans same-sex marriage in both its state statute and state constitution.[1]

On May 9, 2014, Sixth Judicial Circuit Judge Chris Piazza issued a preliminary ruling in *Wright v. Arkansas* that found the state constitution's ban on same-sex marriage unconstitutional. On May 15 he issued a final ruling that enjoined enforcement of the state's statutes prohibiting the licensing and recognition of same-sex marriages as well. The Arkansas Supreme Court stayed his ruling while it hears the appeal in the case.[5]

In another lawsuit in federal court, *Jernigan v. Crane*, on November 25, 2014, Judge Kristine G. Baker found the state's ban on same-sex marriage unconstitutional and stayed her ruling pending appeal.[6]

**Adoption and parenting**

Arkansas voters approved a ballot measure in November 2008, effective January 1, 2009, to prohibit by statute cohabiting couples who are not in a recognized marriage from adopting and providing foster care.[7] On April 7, 2011, in *Arkansas Department of Human Services v. Cole*, the Arkansas Supreme Court unanimously found that the measure "fails to pass constitutional muster" because it "directly and substantially burdens the privacy rights of 'opposite-sex and same-sex individuals' who engage in private, consensual sexual conduct in the bedroom by foreclosing their eligibility to foster or adopt children, should they choose to cohabit with their sexual partner."[8]

**Discrimination protection**

Map of Arkansas cities that have sexual orientation anti–employment discrimination ordinances

- Sexual orientation and gender identity with anti–employment discrimination ordinance
- Sexual orientation and gender identity solely in public employment
- Does not protect sexual orientation and gender identity in employment

Arkansas law does not address discrimination based on gender identity or sexual orientation.[9]
The city of Eureka Springs\textsuperscript{[10]} prohibits discrimination on the basis of sexual orientation and gender identity in public and private employment. The city of Little Rock\textsuperscript{[11]} prohibits discrimination on the basis of sexual orientation only in public employment.

**Intrastate Commerce Improvement Act**

On February 9, 2015, Arkansas State Senate passed, with 24 voting in favor, 8 voting against, and 2 not voting, SB202, the Intrastate Commerce Improvement Act, a bill that would prohibit counties, municipalities, or other political subdivisions in the state from adopting anti-discrimination ordinances that cover private employment only that creates a protected classification or prohibits discrimination on a basis not contained in state law. On February 13, 2015, the Arkansas House of Representatives passed, with a 58 in favor, 21 voting against, 14 not voting, and 7 voting present. An emergency clause to the bill was rejected by the House also.\textsuperscript{[12]}

**Hate crime**

Arkansas has no hate crime statute that attaches penalties to criminal convictions when motivated by bias,\textsuperscript{[13]} but a state statute does allow victims to sue for damages or seek court-ordered relief for acts of intimidation, harassment, violence, or property damage "where such acts are motivated by racial, religious, or ethnic animosity", not sexual orientation or gender identity.\textsuperscript{[14]}

**Gender reassignment**

Arkansas law permits transgender people born in Arkansas to amend their birth certificates upon receipt of a court order verifying that they have undergone sex-reassignment surgery and that their names have been changed.\textsuperscript{[15]}

TEXT CONNECT TO 741741

TEXT OUR TRAINED CRISIS COUNSELORS ABOUT ANYTHING THAT’S ON YOUR MIND.
TEXT CONNECT TO 741741

FREE, 24/7, CONFIDENTIAL, NATIONWIDE. RIGHT ON YOUR PHONE.

What issues can you text us about?

*If it’s a crisis to you, it’s a crisis to us. It’s not just suicide – any painful emotions that get in the way of your mental well-being are a crisis.*
Unit 8
Miscellaneous Resources
Unit 8:

Miscellaneous

- **Get a Survival Kit**

Be Prepared for an Emergency. Be Red Cross Ready!
Being prepared means being equipped with the proper supplies you may need in the event of an emergency or disaster. Keep your supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

- Water: one gallon of water per person day for at least three days, for drinking and sanitation.
- Food, at least a three-day supply of non-perishable food per person. (2 week supply)
- Battery-powered or hand crank radio and a NOAA Weather radio with tone alter and extra batteries for both.
- Cell phone with charger; Flashlight and extra batteries
- First aid kit
- Whistle to signal for help; Flares; Local maps
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities; Manual can opener for food
- Cell phone with chargers, inverter or solar charger
- Prescription medications (7 day supply) and glasses
- Infant formula, diapers, and Diaper rash ointment, baby wipes
- Baby bottles, powdered milk, baby medications,
- Pet food and extra water for pets
- Extra Cash or Traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records, passports, birth certificates, pertinent medical information, and medication list in a waterproof portable container.
- Sleeping bags or warm blankets for each person. Consider additional bedding if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper. When diluted, nine parts water to one part bleach; bleach can be used as a disinfectant. Or in an emergency, you can
use it to treat water by using 16 drops of regular household liquid bleach per one gallon of water. Do not use scented, color safe or bleaches with added cleaners.

- Fire extinguisher
- Matches in a waterproof container or Flint lighters
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towel and plastic utensils
- Paper, pencils and pens for writing
- Books, games, puzzles or other activities for children or electronic devices.
- Denture needs, Contact lenses and supplies; Extra eye glasses

Be sure to include the following:

- Jacket or coat; Long pants; Long sleeves shirts
- Work Gloves, Hat and sturdy shoes for each person; Rain Gear
- A week of extra clothing per person

- Knowing how to treat minor injuries can make a difference in an emergency. You may consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

- Box of sterile gloves
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.

Non-prescription drugs:

- Aspirins or non-aspirin pain reliever; Anti-diarrhea medication
- Antacid; Laxative

Other first aid supplies:

- Scissors
- Tweezers
- Jar or tube of petroleum jelly or other lubricant
24 Relationship Red Flags You Should Never Ignore

Relationships are complicated, so it makes sense that some so-called deal breakers should be ignored, but some quirks are such bright red flags flapping violently in the wind that they simply must be acknowledged. Whether that means working together on a compromise or accepting that a person is just all wrong for you, here are some neon warning signs to be on the lookout for.

1. They can't stop telling you how perfect you are.

It sounds irresistible at first, but there's nothing more infuriating than being put on a pedestal by a partner. This person doesn't really see you as you—you're a projection of some perfect idea they have in their head, and anytime you shatter those expectations by being a normal, flawed, breathing human being, they're impossible to console. Oh yeah, and someone being that obsessed with you is CREEPY.

2. Their sex drive is much higher or lower than yours.

There's no wrong amount of sex to have (or not have) in life, but it is important that you and your partner have a similar libido or, at the very least, a plan to handle any differences. What if one partner's vision of an ideal sex life is getting it on nearly every night, while the other is content with having sex just a few times a month? When one partner is constantly initiating sex and the other isn't in the mood very often, you're in for a world of crushed egos, hurt feelings, emotional pressure, and resentment from both sides.

3. They rush a new relationship forward too quickly.

They're either on the rebound, practicing a particularly toxic version of serial monogamy, or a malignant narcissist. Either way, NOPE.

4. They push your physical boundaries in "innocent" ways.

Does your new bae refuse to stop tickling you when you tell them to knock it off? Do they continue to touch you in seemingly innocent ways (like hugs, shoulder rubs or even repeatedly poking you in the arm like a sibling) when you ask for personal space? This might be a sign they don't respect your right to your own body and could try to push those boundaries to much more dangerous limits in the future.
5. They try to drive a wedge between you and your family and friends.

Anyone who wants you all to themselves is likely someone worth running far, far away from before they sink their claws in any deeper.

6. They roll their eyes at you a lot.

Research has shown that among married couples, rolling eyes at each can be a common predictor of divorce, and why wouldn't it be? Mutual respect is a major foundation of a happy relationship, and nobody you frequently roll your eyes at has much of your respect.

7. They describe all their exes as "crazy."

Some relationships end so badly that we're still sour at an ex or two years down the line—but if your new partner spews vitriol at any and all of their "crazy" former lovers every chance they get, it's a good clue that they are the problem.

8. They call you names in arguments.

Fighting happens, but be wary of anyone who seems to flip a switch and transform into an unrecognizable monster when you disagree, calling you names that would make their mother want to wash their mouth out with soap. It can be a sign of disrespect and just plain shitty conflict resolution skills, which does not a happy couple make.

9. They have no work ethic.

If a person is behind on life milestones or doesn't quite have their shit together on the surface, what matters more than their situation is how they feel about it. Are they just unmotivated as hell (in which case, NEXT), or are they only behind because of a big sacrifice or setback in their life? We all move on different personal timelines, after all. Better yet, is this person working hard every day to build the kind of life they actually want for themselves if they don't like their current reality? Attitude makes all the difference.

10. They're cruel to their parents.

Everyone struggles with their folks sometimes (show me someone who blindly worships Mom and Dad as a grown adult and I'll show you a liar), but keep your eye open for
partners who have a fundamental lack of respect for their parents. (Unless their parents are abusive, in which case, they're beyond justified in refusing to make nice with them if they so choose.) If they can bear to be super harsh and ungrateful to the people who literally gave them life, what does that say about how they'll treat others who get close to them?

11. Their attitude changes on a dime.

Do they spend an entire day being cruel to you and nearly pushing you to your emotional limit, then abruptly turn on the charm with zero explanation or apology, only to switch back into monster mode as soon as you start to trust their good mood? This is a cycle to bolt away from, stat.

12. They're on a different sleep schedule than you are.

It seems like this would be NBD, but if you're living on a daytime schedule and your bae is all about the nightlife, you're going to run into loads of problems (in terms of your social life, your careers, and even when the hell you get to spend time together) if they perk up at 10 P.M. just as you're getting ready to turn in for the night.

13. They're secretive about little things.

Imagine how they'll handle the big things!

14. They cheated on their last partner with you.

It might be wise to learn a little more about this person's romantic history, because there's a good chance that every relationship they've ever had has overlapped with the next one—in which case it's only a matter of time before they cheat on you too.

15. They demand your phone, email and social media passwords.

For starters, why would they want to date someone they don't trust? And what does that say about whatever untrustworthy habits or temptations they might be projecting onto you? Checking your Facebook inbox in peace without someone mouth-breathing over your shoulder is practically a basic right! You are 100 percent entitled to autonomy and privacy.

16. They guilt trip you every chance they get.
Some people have an uncanny talent for making their partner feel personally responsible and guilty for all their misfortunes. These are not people you want to date.

17. They have different financial values than you and refuse to do anything about it.

We all have deeply held habits and ideas about money that most of us learned from our parents. Lots of couples have totally different concepts of money and find ways to compromise, but it's SO important to be willing to talk about it before clashing money choices drive you apart.

18. They make you feel stupid.

The Worst People On The Planet are those who gleefully gaslight their partners (read: twisting the truth to make you doubt your sanity, memory or reality.) Other gross tactics include regularly mocking your ideas or refusing to take your opinion seriously because they're so convinced they can change your mind anyway that they assume they can just skip the whole "valuing your perspective" stuff.

19. They make fun of you during sex.

Anybody who doesn't respect how vulnerable sex makes people feel or who shames their partner over run-of-the-mill awkward naked moments (ahem, like embarrassing sounds and physical mishaps) is nobody worth doing the deed with.20. They refuse to make your relationship public.

Some people simply don't like splashing their personal life onto social media or even talking much about their feelings with friends, but that's different from flat-out hiding your partnership, which is about as glaringly red as a flag can get!

21. They need constant reassurance.

We are all insecure on some level, and it's nobody's fault for feeling that way, but no reassurance from a partner will ever be enough, because those issues live inside the person feeling them. If insecurity dictates a person's life, it can just as easily dictate their relationship.

22. They have a different idea than you of what it means to be faithful.
What if your partner thinks it's totally chill to hook up with someone else as long as they aren't, like, in love with them? Or what if they think it's fine to carry on intense emotional texts and conversations with someone else as long as they never physically cheat? Heck, maybe one of you wants an open relationship and the other will never be okay with that idea. These are differences to catch before they cause lots of pain!

23. They hold you to a double standard.

They beg you to never go out on the town without them, yet they want you to wait at home alone on the couch while they party until 2 A.M. with their buddies? See ya later BB, we're dunzo.

24. They're incapable of apologizing.

*Backs away slowly.*