



# PULASKI HEIGHTS UNITED METHODIST CHURCH CARING MINISTRIES

Mental Health & Substance Abuse  
Programs & Resources

## UAMS AR-Connect Clinic

The UAMS AR-Connect Clinic is a 24/7-accessible, free, virtual mental health and substance abuse program for people of all ages within Arkansas. Its team can help with strategies for managing stress and other concerns, including alcohol abuse and substance abuse. It can also connect you to resources like food or shelter anywhere in the state. You do not need a referral or health insurance to call AR-Connect.

Ph: [501-526-3563](tel:501-526-3563) or toll-free at [800-482-9921](tel:800-482-9921)

Web: [psychiatry.UAMS.edu/ARconnect](http://psychiatry.UAMS.edu/ARconnect)

PHUMC and UAMS program contact, Victoria Spradley

Ph: [501-355-6893](tel:501-355-6893)

Email: [vlsp radley@uams.edu](mailto:vlsp radley@uams.edu)

Pastoral Counseling & Counseling Referrals  
upon Request

Individual Counseling, Couple Counseling & Family Counseling  
Appointments available on Thursdays & Fridays from 2-4pm

For more information, call PHUMC at [501-664-3600](tel:501-664-3600)

or contact Rev. Jeffery B Hampton, DMin

Email: [jhampton@phumc.com](mailto:jhampton@phumc.com)

# WHO CARES? WE DO!

"BEAR ONE ANOTHER'S BURDENS, AND IN THIS WAY YOU WILL FULFILL THE LAW OF CHRIST."

GALATIANS 6:2