

# CRISIS COUNSELING PROGRAM

*Stay Positive Arkansas*

We provide . . .

- EMOTIONAL SUPPORT
- PANDEMIC RECOVERY OPTIONS
- COPING STRATEGIES
- LINKS TO RESOURCES

Learn How To

- Recognize common reactions to the Pandemic
- Build coping skills for the recovery process
- Manage PANDEMIC-related stress
- Identify and meet children's needs

We are . . .

- Confidential
- Free

**HAVE YOU  
BEEN  
AFFECTED  
BY COVID-19?**

**\*ALL CONSULTATIONS WILL BE  
DONE BY PHONE\***

## Contact Us!

**Available Hours 8am-5pm M-F**

**870-209-0085**

**MITTIE HUMPHREY**

**870-209-0392**

**KIM MIXON**

**870-794-5876**

**ROBYNE WATLEY**

**833-933-2382 Crisis Line Available 24HR**

**VISIT US ONLINE AT**

[www.staypositivearkansas.com](http://www.staypositivearkansas.com)

Facebook: Stay Positive Arkansas

Instagram: staypositivearkansas

Twitter: @StayPositiveAR



**WE ARE HERE FOR YOU**



**Promoting  
Positive  
Emotions**