

School counselors provide short-term, solution-focused services. Sometimes, children need long-term, more intensive therapy from a licensed therapist.

***Could my child benefit from individual or family therapy?\****

While children are often able to adapt on their own after a critical incident or life stressor, sometimes seeking professional help can be beneficial. These services support resilience by providing tools to cope, reminding children they are not alone, helping identify language to describe their feelings, and sharing with trusted adults.

***When any of the following are present, this may indicate a need for a licensed professional therapist:***

- Sudden and/or significant changes in behavior
- Sudden and/or significant changes in interests
- Anxious behavior, excessive worrying
- Isolation or avoidance of friends or family
- Extreme sadness
- Decline in academic performance
- Sudden or rapid changes in mood
- Self-injurious behaviors
- Harmful acts to self or other children
- Thoughts of suicide (verbal, artwork, writing)

\*(From lausd.net)

**Local Community Counseling Agencies and Private Practices**

<b>Community Counseling Agencies</b>	<b>Private Practices</b>
<a href="#">Life Strategies Counseling, Inc.</a> 870-732-7920 4001 Commercial Center Dr., Ste. 2 Marion, AR 72364 27/7 Crisis Counseling: 1-855-919-1949	<a href="#">Greater Pathway Counseling and Consulting, PLLC</a> 312 North Missouri St., Suite 2 West Memphis, AR 72301 Phone: 870-907-9185
<a href="#">Kids For The Future</a> 870-735-2737 205 Ingram Blvd. West Memphis, AR 72301	<a href="#">Revitalize Minds Counseling, PLLC</a> 312 North Missouri St., Suite 1 West Memphis, AR 72301 Phone: 870-796-8997
<a href="#">East Arkansas Family Health Center</a> <a href="#">School Based Health Center</a> #1 Patriot Dr. Marion, AR 72364 870-739-5136	<a href="#">YES Counseling, LLC</a> 310 Mid Continent Plaza, Suite 400 West Memphis, AR 72301 Phone: 870-629-5244
<a href="#">Mid-South Health Systems</a> (ARISA) 870-735-5118 905 N. 7th St. West Memphis, AR 72301	<a href="#">Walker Counseling Services, LLC</a> 208 Shoppingway Blvd, Suite E West Memphis, AR 72301 Phone: 870-629-5025
<a href="#">Life Strategies</a> of AR 304 N. 6th Street West Memphis, AR 72301 870-702-7657	<a href="#">Mind Anew Counseling Services</a> 162 East Military Rd. B Marion, AR 72364 Phone: 870-407-7903
<i>If you have an emergency, please call one of the following 24 hour crisis numbers:</i> Arkansas Child Abuse Hotline (1-800-482-5964) Arkansas Crisis Center (1-888-274-7472) Suicide Prevention Hotline (1-800-273-8255) Or Call 911 <a href="#">How to support your child's mental health: Free Courses!</a>	<a href="#">Prevail Counseling Services, LLC</a> 310 Mid Continent Plaza, Suite 404 West Memphis, AR 72301 901-295-9422

**Please note that this is not an inclusive list of available resources or specific recommendations.  
Please consider your insurance coverage and individual needs when considering these resources.**