



This is a packet of resources to help with your needs once you leave our care at Mercy.

Thank you for the privilege of serving you.

**If you are uninsured, or
if you have insurance but need help, please call.**

1-855-420-7900

(8 am to 5 pm, Monday through Friday)

If you're finding it hard to pay your Mercy medical bills, we may be able to help.

Call 1-855-420-7900 to see if you may be eligible for Medicaid or Affordable Care Act insurance coverage. If not, you may qualify for Mercy financial assistance. We also offer discounts on our rates for uninsured patients.

To be considered for Mercy financial assistance, Mercy requires you to call the number above.

For more information about the Affordable Care Act, visit healthcare.gov.

We take your health seriously.

Your feedback, too.

Your experience is a priority to us at Mercy.

After your visit, you should receive a call, text, email, or mailed questionnaire to your home asking about your experience with us. We value your feedback about the positive experiences and opportunities to serve you better.

We take your experience to heart and hope to hear from you.

It is truly our privilege to care for you at Mercy.

IN CRISIS? GET HELP.

- Call **988** the free 24 hour Suicide and Crisis Lifeline
- Text HOME to **741741** the Crisis Support Text Line
- Go to the Nearest **Hospital Emergency Room**

Did you know? 1 in 5 Moms and 1 in 10 Dads experience postpartum depression or anxiety.

You are not alone and you are not to blame. Help is available.

Maternal Mental Health Hotline.....1-833-TLC-MAMA (1-833-852-6262)

24/7, free, confidential hotline for pregnant and new moms (English, Español and 60 languages)

Postpartum Support International.....1-800-944-4773 (4PPD)

Call or text, free, confidential. Leave a message and it will be returned between 8am-11pm EST. Online support groups and local and national resources at www.postpartum.net (English and Español)

Perinatal Mental Health Counselors in NWA

Bentonville

Elizabeth Bojie, LAC
479-349-4653
Watersedgescounselingnwa.com

Jennifer Burleson, LCSW
479-323-1648
Jenniferburleson.com

Gipsye Robinson, LCSW
479-806-2053
Womenswellnesspartners.com

Rogers

May Vue, LPC
501-781-2230
Chenatherapy.com

Springdale

Twyla Rownak, LMFT
479-426-7794

Fayetteville

Kaitlyn Gardner, LPC
479-777-0529
Gardnerguidance.com

Emily Pointer, MS LAC
479-349-2439

Melissa Atkinson
479-227-2858

Lauren Horlick
479-316-7770
Womenswellnesspartners.com

Fort Smith

Rachel Huynh, APRN
Mercy Catherine's Light Program
7001 Rogers Avenue, Ste 403
479-785-2229
479-259-9767

Southern Missouri

Dr Chasity Arnold,
Clinical Psychologist
417-581-6911
Touchstonehelping.com

Alexandra Stark, LMHC LPC
417-203-0030

Postpartum Support Group

Free, Online, Facilitated by Gardner Counseling & Guidance

www.gardnerguidance.com/copy-of-therapy-services479-388-0705

Mental Health and Counseling Resources

Mercy Behavioral Health

479-717-7626
2112 South 54th St
Rogers, AR 72758

Mercy Clinic Psychiatry

479-770-0700
525 S 6th Place
Lowell, AR 72745

Alleviant Integrated Mental Health

www.alleviant.com
866-951-4325
706 S Walton Blvd, Bentonville, AR
5305 W Village Pkwy, Rogers, AR
2566 E Joyce Blvd, Ste 2, Fayetteville, AR

NWA Crisis Intervention Center

www.arcrisis.org, call 988 to connect

Ozark Guidance Center/Arisa Health

Mental Health Services; Counseling, Psychiatry
www.ozarkguidance.org
1-800-234-7052
Warm Line (evenings, weekends, and holidays):
1-833-236-2131
2400 S 48th St, Springdale, AR
2508 SE 20th St, Bentonville, AR
60 W Sunbridge, Fayetteville, AR
208 Hwy 62 West, Berryville, AR
8 Medical Plaza, Mountain Home, AR
710 Holly St, Siloam Springs, AR
1104 N College St, Huntsville, AR
107 E Crandall Ave, Harrison, AR

Springwoods Behavioral Health

www.springwoodsbehavioral.com
479-973-6000
1955 W Truckers Dr, Fayetteville, AR
Mental health, counseling, inpatient, outpatient,
and specialty program for women. *Ewor 80 bed
nan ajiri ro 10-19 yio dettan, kora/momma, im ritto
rej aikuj service nana rinanijmij ro rej bed hospital
im undergo treatment ko. Nan armij ro ewor aer
utamwe ak joraan in kelemej. Im ewor aer addict im
eben aer bojrak jen men ko rekajoor nan anbwainer.
Ewor program ko nan kora, im jikin uno ko.

Fayetteville Arkansas VAMC Mental Health

479-443-4301
1100 N College, 116 A, Fayetteville, AR
Veterans; Adults with serious mental illness, PTSD

Vantage Point Behavioral Health

www.vantagepointnwa.com
855-780-1554
4253 N Crossover Rd, Fayetteville, AR
Mental health, inpatient, outpatient.

Eustasis Psychiatric & Addiction Health

479-427-7722
2000 S Promenade Blvd, 2nd Floor, Rogers, AR
contact@eustasis.com

Harris Couples Counseling

www.drjordanharris.com
318-239-0586
2108 S 54th St, Unit 3, Rogers, AR
Family and couples counseling

Joshua Center

www.thejoshuacenter.com
479-268-4557
2105 S 54th St, Ste 2, Rogers, AR
2894 N Mckee Cir, Stes 120, 122, 124, Fayetteville, AR

Stone Path Counseling

www.stonepathcounseling.com
479-717-2160
130 E Poplar St, Ste C & D, Fayetteville, AR
Sees ages 0-65; play and talk therapy. *Remarong
jiban yio 0-65. Rej jerbak in jiban kon therapy ilo ikkure,
im therapy in kenono.

JBU Care Clinic

479-524-7300
2125 W University Street
Siloam Springs, AR 72761
Low cost/free counseling provided by
graduate students with staff supervision

Rapha Center for Women's Ministries

Free spiritual support groups & peer counseling
www.raphacwm.org
479-372-4370

Northwest Arkansas Community Resources

Infant Feeding Support

Breastfeeding Support

Mercy Lactation (Help with positioning & latch, pumping & bottle feeding, low milk supply, & more) All visits billed to insurance/Medicaid, collaborative care with Mercy pediatric providers.....479-338-2072
Arkansas Lactation.....479-485-1215

Breastfeeding Helplines

Arkansas Breastfeeding Helpline (24/7, multiple languages).....1-844-344-0408
Mercy Lactation Consultants (7 days a week).....479-338-2072
ANGELS (UAMS 24/7).....866-273-3835
Office on Women’s Health (OWH) Helpline (Mon-Fri 9am-6pm EST, English & Espanol).....1-800-994-9662

Feeding Support Groups

Mercy Hospital Weigh-In Wednesday (free & open to all, every Wednesday 12-1 pm, 5th floor)....479-338-2072
Arkansas Lactation Nourish Together: Bentonville– Thursdays 10a, Fayetteville– Fridays 10a.....479-485-1215
Willow Creek Breastfeeding Support Group (Wednesdays 2pm).....479-684-3210
Washington Regional Breastfeeding Support Group (1st Thursday of every month 2pm).....479-463-1619

Speech Therapy & Oral Myofunctional Therapy (Oral evaluation and Feeding support)

Flight Speech Therapy—www.flightspeech.com.....479-431-6141
Fusion Therapy—www.fusiontherapycenter.com.....479-252-3321
No Limits Pediatric Therapies—www.nolimitstherapies.com Medicaid/AR Kids.....479-250-9838
POST Pediatric Therapy—www.posttherapies.com.....479-631-7678

If your baby has AR Kids, call “Connect Care” on your card

Pelvic Floor Physical Therapy

Arkansas Biomechanics and Rehabilitation, 3801 Johnson Mill Blvd, Johnson.....479-332-4100
Essentials Pelvic Therapy & Wellness, 109 Spring St, Ste 3, Springdale.....479-278-4239
Holly Street Physical Therapy, 1675 W Jefferson St, Siloam Springs.....479-524-8028
Invictus Health, Charla Cox, 1757 Crossover Rd, Fayetteville.....469-236-3332
Northwest Rehab and Wellness, 4077 Elm Springs Rd, Springdale.....479-757-4700
Pelvic Roots Physical Therapy, 82 W Sunbridge Dr, Fayetteville.....479-323-1176
PTriage Physical Therapy, 224 S 2nd St, Ste C, Rogers.....479-888-2620
Rise Physical Therapy East, 2668 E Citizens Drive #5, Fayetteville.....479-595-0712
Rise Physical Therapy West, 1188 N Salem Rd, Fayetteville.....479-595-0474
Rise Physical Therapy Springdale, 5320 W Sunset Ave, Springdale.....479-364-6467
Renew Physical Therapy, 210 N Walton Blvd, Ste 26, Bentonville.....479-440-4147
Smith Wellness and Physical Therapy, 4034 Rogers Ave, Fort Smith.....623-760-6626
Washington Regional Physical Therapy, 3561 Johnson Mill Blvd, Fayetteville.....479-404-4530

Northwest Arkansas Community Resources

Children and Family

Arkansas Home Visiting Network - www.arhomevisiting.org	501-364-5461
<i>Free home visiting program for family support</i>	
Children’s Advocacy Center of Benton County – www.cfabc Bentonco.com	479-621-0385
<i>Safe place for child abuse victims and families to receive comprehensive services</i>	
Children’s Safety Center - www.childrenssafetycenter.org/	479-872-6183
<i>Provides advocacy, forensic interview, and therapy for child abuse victims</i>	
ChildCare Aware - www.nwachildcare.org/	479-899-6374
<i>Assistance with finding quality, affordable childcare</i>	
Family Network NWA— www.familynetworknwa.com	479-755-4052
<i>In home parenting education and family support, fatherhood program, no cost for qualifying families</i>	
Healthy Families Benton County.....	479-899-6374
<i>In home parent and family support, pregnancy through age 3, no cost for qualifying families</i>	
HIPPY Arkansas.....Benton County 479-631-3572 / Benton, Madison, & Washington Counties	479-839-3038
<i>In home early childhood education enrichment program, no cost for qualifying families</i>	
Schmieding Kids First, 2575 S Gene George Blvd, Ste 001, Springdale.....	479-750-0130
<i>Serving families of children with challenging medical and developmental conditions</i>	
UAMS Healthy Start— www.nwa.uams.edu/chr/materna-child-health	479-713-8000
<i>In home prenatal and early parenthood health and social services support</i>	

Diapers

NWA Diaper Collective— www.familynetworknwa.com/needdiapers	479-755-4052
The Cloth Option— www.theclothoption.org/apply	413-455-0865

Medication Assistance (may provide limited help with prescriptions)

Helping Hands Bentonville - www.helpinghandsnwa.org	479-273-2511
Salvation Army – Thrift Store.....	479-636-6805

Basic Needs and Clothing Resources

Decatur Care	479-752-8272
Goodwill Industries	479-927-2023
Helping Hands, Inc.	479-273-2511
Manna Center, Siloam Springs	479-524-9825
Operation Reboot (veteran preference)	479-640-2108
Salvation Army	Rogers 636-8522; Siloam 479-524-6091
St Andrews Episcopal Church.....	479-636-4042
Total Life Community (Siloam/Gentry).....	479-736-8231

Northwest Arkansas Community Resources

Food Resources (Call food pantry for days and times of operation)

Assembly of God, 504 McClure Lowell.....770-6140	First Presbyterian Church, 901 NE J, Bentonville.....273-5450
Bella Vista Lutheran, 1990 Forest Hills	First United Methodist 201 NW 2nd, Bentonville.....273-2712
Bentonville Nazarene Church, 220 NW "A".273-2132	God's Pantry, 17938 Dennis Mitchell, Garfield
Bethel Baptist, 2907 N Walton, Bentonville	Grace United Methodist Church 1801 S Dixieland, Rogers.....636-7045
Brightwater United Methodist, 14108 E Hwy 62, Rogers.....451-8161	Harbor Praise Full Gospel, 8543 W McNelly, Bentonville271-7930
Calvary Pentecostal, 2612 Central, Bentonville.....273-1510	Helping Hands, 320 Airport, Bentonville.....273-2511
Care Community Center Food Pantry, 2510 N 17th #203, Rogers.....246-0104	Holy Trinity Church, 1101 W Hudson, Rogers.....636-1135
Centro Cristiano, 2121 S 1st, Roger.....631-2259	Hunger/Thirst Ministry, 3298 E Kenwood, Siloam.....373-6220
Charity Southern Baptist Church, 2901 W Olive, Rogers.....636-8906	Manna Center, 670 Heritage Ct, Siloam Springs.....524-9825
Christ the King Lutheran Church, 406 W Central, Bentonville.....271-7117	Nazarene Church, 220 NWA, Bentonville.....273-2132
Christian Life Center 301 Commercial, Centerton.....644-7540	Natural Grocers Community Education, Fayetteville.....200-1908
Church of Today, 3202 New Hope, Rogers...633-9888	Peace Lutheran Church, 805 W Olrich, Rogers.....636 2140
Community Thrift Store, 1100 N Walton, Bentonville.....464-9400	Piney Point Baptist, 10591 Piney, Rogers.....925-2099
Decatur United Methodist, 3rd St.....752-3551	Rogers Christian Church, 2501 W Oak
Eastside Assembly of God, 9908 Spring Valley, Bentonville.....273-6951	Salvation Army, 2225 W Walnut, Rogers
Feed Communities, 221 S Locust, Fayetteville AR966-4790	Salvation Army Shelter, 3305 SW T, Bentonville
First Baptist Church Garfield 17784 Marshall.....359-3496	Samaritan Community Center, 1211 W Hudson, Rgrs
First Baptist Church Lowell 409 Johnson.....770-0151	Servants Heart NWA, 409 W Centerton.....616 -1729
First Baptist Church Pea Ridge 1650 Slack.....451-8192	Seventh Day Adventist Church, 301 N 33rd, Rogers
First Baptist Church Rogers 3364 W Pleasant Grove.....636-3451	Share the Harvest, 11036 Hwy 59, Gravette..721-1844
First Christian Rogers, 905 S 13th.....636-2230	Society of Vincent de Paul, 1413 W Poplar, Rogers
First Nazarene Rogers, 1003 N 6th.....636-1050	Southside Church of Christ, 919 S Dixieland, Rogers
First Presbyterian Church, 901 NE J, Bentonville.....273-5450	St Andrew's Episcopal Church, 9th & Oak, Rogers.....636-4042
First Christian Rogers, 905 S 13th.....636-2230	Total Life Community Center, 13170 S Hwy 59, Siloam
First Nazarene Rogers, 1003 N 6th.....636-1050	United Christian Charities, 307 N Main, Decatur
	Village Bible Church, 1591 Forest Hills, Bella Vista

Northwest Arkansas Community Resources

Transportation

Ozark Transit.....	479-751-5901
NWA Taxi.....	479-636-TAXI (8294)
Bella Vista Village Courtesy Van.....	402-981-1571
C.A.R.E. (Rogers City Limits).....	479-246-0134
Caliber Patient Care.....	479-431-5455
Care-A-Van.....	479-633-8387
Caring Carriages (Medicaid).....	479-373-1153
Express Medical Transport	844-743-3368
Guardian Angels Home Care Transport.....	479-670-1551
Medicaid Non-emergent Transport.....	844-436-0357

Durable Medical Equipment/Supplies

Adapt Medical.....	267-421-4899
AeroCare Home Medical.....	479-872-8899
Apria.....	479-770-0813
Children’s Home Medical.....	479-876-5987
Cooks Medical Supply.....	479-936-8306
Delta Medical Supply.....	479-268-5639
Hanger Orthotics.....	479-631-9100
Healthway House, Inc.....	479-621-6151
Kimlor/Orthosources.....	479-872-1885
Lincare, Inc.....	479-876-1506
Mallard Medical Supply.....	479-972-0618
Medical Arts Pharmacy.....	479-443-3411
O’Brian Healthcare.....	501-321-9461
OrthoKare Prosthetics & Orthotics.....	417-659-8488
United Medical.....	479-273-1890

Miscellaneous

www.findhelp.org (Find free or reduced-cost resources like food, housing, financial assistance, healthcare)

Affordable Care Agent.....	479-366-1475
Arkansas Vocational Rehabilitation Services Division.....	479-582-1286
Benton County Health Department.....	479-986-1300
BreastCare (breast and cervical cancer screening at no cost for those that qualify).....	1-833-693-2942
Catholic Carities of NWA (Immigration help and information).....	479-927-1996
Community Clinic.....	479-636-9235
DHS 900 SE 13th Court, Bentonville.....	479-273-9011
Domestic Violence Hotline.....	1-800-799-7233 1-800-787-3224 (TTY)
HARK (Community resource connection).....	www.harknwa.com or call 211
NWA Center for Sexual Assault 1670 W Sunset Avenue, Springdale.....	479-347-2304
Red Cross (Rogers office).....	479-633-8330
Social Security Office.....	877-694-5493
Teen Action Support Center.....	479-636-8272
United Way 211 Resource Directory.....	211 or 479-750-1221
Veteran Service Officer.....	479-464-6123

Emergency Housing and Permanent Housing

Overnight Shelter

NWA Children's Shelter, 14100 Vaughn Rd, Bentonville	479-795-2417
<i>24 hours, females 0 -17, males 0-12</i>	
NWA Women's Shelter, Rogers.....	479-246-9999
<i>Victims of sexual assault and/or domestic violence (male or female), emergency shelter, support groups, counseling, children's programs, follow up services and 24-hour crisis line</i>	
Peace at Home, Fayetteville (victims of domestic violence).....	479 -973-9571; 479-442-9811
<i>Shelter, support groups, counseling, job readiness skills, legal services, Spanish , 24-hour crisis line</i>	
The Salvation Army (must have ID), Bentonville: 3305 SW I St. - Intake Hours- 5 PM – 9PM	479-271-9545
Fayetteville: 219 W. 15 th St. - Intake hours unspecified.....479-521-0857	
Harbor House, Kimberling City, MO.....	877-507-7233
Serenity, Mountain Home, AR (can take pets).....	870-424-7233 (SAFE)
The Sanctuary, Harrison, AR.....	870-741-2121

Day Center

7Hills Homeless Services Office - 1031 N. College Ave., Fayetteville, AR 72701.....	479 966-4378
7Hills Homeless Center – 1832 S. School, Fayetteville - 9-4 Mon-Fri; closed from 12-1	
Washington/Benton Co. – Day Center, Transitional Housing, veteran's program.....	479 -966-4378 or 251-7776
Genesis House - 1402 N. Inglewood, Siloam Springs - Monday 1 PM- 3 PM by appt only.....	479 549-3438
House of Hope Rescue Mission - 505 E Emma Ave, Springdale - Mon, Wed., Fri 9 AM- 2 PM.....	479 756-7333

Transitional

Arkansas Baptist Children's Home & Family Ministries -Springdale	479-521-1296
<i>Provide safe and stable environments to single mothers and their children</i>	
Audrey's Home of Hope (pregnant women).....	479-633-1804
Brand New Mercies (mothers with young children; addiction recovery program).....	281-221-8826
Compassion Ministries Maternity Home (under 18 pregnant) Springdale	479 751-0207
Hanna House (Halfway House) - 321 East Walnut Street, Rogers, AR 72756.....	479 936-7990
Havenwood (Single parents only) www.nwahavenwood.org - 808 N Main, Bentonville	479-273-1060
<i>Single parent, transitional housing for employed or in full time education or a combo after 30 days of acceptance into program. 15 furnished units; can reside up to 2 years if qualified.</i>	
Magdalene Serenity House (2 yr women's program for trauma, addiction, incarceration).....	479-301-2326
Micah's House (males only aging out of foster care 18-25).....	870-882-2575
Oasis of NWA (female single parents, preference for addiction recovery; prior convictions)	479-268-4340
Restoration Village-Child Advocacy Center (women only) - 2215 Little Flock Drive, Rogers	479-631-7345
Saving Grace Inc. (females only 18-25) - 1229 W Poplar, Rogers.....	479-636-1133
Soul's Harbor (MEN ONLY) - 1626 North 2 nd Street, Rogers.....	479-631-7878
VA Homeless Programs (veterans in NWA and River Valley) - 820 N 12th Terrace, Rogers.....	479-936-5848
<i>Roger's House 15-bed recovery/halfway house for up to 1 yr; Gabriel's House 10-bed (men) & Esther's House (women)</i>	

Emergency Housing and Permanent Housing

Permanent/Other

Alternative Opportunities— www.aoinc.org/arsls.php	501-372-4440
<i>Supportive living situations for individuals with developmental disabilities</i>	
Elizabeth Richardson Center - www.ercinc.org/index.php/adultservices/residential	479-872-1800
<i>Rehabilitation/Habilitation services for children, youth and adults with developmental delays</i>	
Housing Authority - www.fayettevillehousingauthority.org - low income/subsidized rental housing	
1 N School Ave, Fayetteville.....	479-521-3850
5 Applegate Dr, Springdale.....	479-751-0560
2802 Hwy 412 E, Siloam Springs.....	479-524-8117
Pathfinder, Inc. - www.pathfinderinc.org - 1004 SE 5th Street, Bentonville.....	479-254-6717
<i>Pre-vocational and vocational skills training for individuals with disabilities</i>	
VA Compensated Work Therapy (CWT).....	479-582-1701
Veterans Healthcare of the Ozarks - 1100 N College Ave Fayetteville, AR 72701 - M-F 8-4:30	
<i>Supported employment, transitional work, vocational/retraining assistance; limited transitional housing options to bridge hospitalization/intensive outpatient treatment to community reintegration.</i>	
Youth Bridge (YOUTH ONLY) - www.youthbridge.com - 2153 E Joyce Ste 201 Fayetteville.....	800-628-2260
<i>Emergency Shelter, Residential Treatment, Transitional Housing, Group Foster Home, Outpatient Substance Abuse, Case Management, Outreach, and Prevention</i>	

Community Apartments (Not comprehensive)

Community Development Center - 808 N Main Street, Bentonville.....	479-273-7344
Garden Walk Apartments - SE 10th Bentonville.....	479-273-6923
Garden Walk Apartments - 11251 Stadium Ave Decatur.....	479-752-8214
Garden Walk Apartments - 600 SW Irving St Gravette.....	479-787-6307
Bentonville Commons - 1000 SE Falcon Ln Bentonville.....	479-273-6642
Garland Square - 1301 E Central Ave #8 Bentonville.....	479-271-9927
Hereford Manor - 620 Hwy 10 L, Siloam Springs.....	479-524-6722
Heritage Heights - 1255 W Tulsa St, Siloam Springs.....	479-524-8117
Heritage Square Apartments - 1200 W Jefferson St, Siloam Springs.....	479-524-3823
Indian Creek - 908 Green Acres, Rogers.....	479-636-2741
Kenwood Village - 2425 "A" L Kenwood and 2503 E Kenwood, Siloam Springs.....	479-524-8117
Meadow Park Apartments - 840 N 16 th St, Rogers.....	479-636-2645
Moberly Place Apartments I/II - 1702 SE Moberly Manor Drive Bentonville	479-273-3533
Oak Tree Apartments - 503 S 3 rd St, Rogers.....	479-631-0411
Olivewood Apartments - 1006 N 3 rd St, Rogers.....	479-636-7289
Quail Creek Apartments - 600 Irving St SW, Gravette	479-787-6307
Rogers Apartments - 500 N 14 th RI, Rogers.....	479-636-1787
Touchstone Apartments - 501 SW 20 th Street Bentonville.....	479-464-9932
Whistlestop Apartments - 501 Whistlestop Gentry AR	479-736-3486
Community Apartments - http://www.forrent.com/find/AR/metro-Northwest+Arkansas	
Lindsey Apartments (Multiple sites) - www.lindseymanagement.com/cgi-bin/index.cgi?page=pub_apt_main	