



MENTAL HEALTH

Together, we can improve well-being for ALICE.

Heart of Arkansas United Way's Healthy Community partners are focused exclusively on meeting the mental health needs of individuals and families in our community and helping people move from trauma to healing.

Eligible Mental Health Programs

Direct mental health counseling services:

- Individual, group, or family therapy provided by licensed mental health professionals
- Community-based support groups led by credentialed facilitators with clinical oversight
- Services that reduce financial barriers, including sliding-scale, low-cost, or no-cost therapy options

Programs providing mental/emotional wellness and behavioral health services

- Training and education for non-practitioners (i.e. program staff, volunteers, individuals in close contact with individuals in crisis) in responding to the mental health needs of clients or program participants
- Programs that act as a pathway to clients accessing counseling services

Ineligible Programs

To ensure funding is directed toward increasing access to mental health services, the following types of programs are not eligible:

- Direct mental health counseling programs without credentialed mental health providers
- Programs where mental or emotional health is not a clearly defined priority or outcome

Focused on ALICE

Beginning in 2026, additional weight will be placed on the ALICE component of our grant application.

44% of Arkansas households live below the ALICE threshold. We believe our community has a role to play in filling gaps for ALICE, providing critical mental health services to those who would otherwise have little to no access.

Our grants support work that is focused on ALICE. Grant applicants can demonstrate their focus on ALICE families and individuals in a number of ways, including location data, program eligibility, household survival budgets, etc. We're looking for data-driven detail about how your work supports ALICE individuals and families.

For more information about ALICE in our state, visit unitedforalice.org/Arkansas.

Research and Resources

Want to learn more? Check out the resources we use to guide our strategy and decision making.

National Alliance on Mental Illness

www.nami.org/advocacy/state-fact-sheets/

Published in 2021, NAMI's state fact sheet helps to demonstrate the scope of mental health challenges in Arkansas, particularly barriers around cost.

- Among adults surveyed who needed needed mental health care, 49.5% did not receive it because of cost.
- Arkansans are over 3x more likely to be forced out-of-network for mental health care than for primary health care.

Research of your own!

We'd love to know about the research and data you're using to guide your own strategy! If your organization is conducting your own research to demonstrate your program's impact, or utilizing other respected sources, please share that with us in your application.