

# Community Resource Directory

Help with housing, food, health, and the everyday essentials — for individuals and families across Central Arkansas.

**IN CRISIS?**    **Emergency: 911**    **Suicide & Crisis Lifeline: 988**    **Find Local Help (24/7): Dial 211**  
**Domestic Violence Hotline: 1-800-799-7233**

**How to use this directory.** Programs, hours, and eligibility change often. Please call ahead to confirm hours and what to bring before you visit. IAH provides this directory as a community service; listing an organization is not an endorsement, and IAH does not control the services these organizations provide. Service areas vary — many programs serve specific counties or ZIP codes.

## Start Here — Find Any Help

If you're not sure where to begin, these connect you to the right local resource fast.

### Findhelp.org

Nationwide resource where you can find food, housing, financial assistance, health care, and more.

 not applicable

 [findhelp.org](https://findhelp.org)

### Heart of Arkansas United Way

Local United Way connecting Central Arkansas residents to health and human-service programs.

 [heartaruw.org](https://heartaruw.org)

CENTRAL ARKANSAS

## Housing & Shelter

Homeownership and counseling, emergency shelter, and transitional housing.

### In Affordable Housing, Inc. (IAH)

HUD-certified housing counseling, homebuyer education, down payment assistance guidance, and foreclosure prevention.


 501-221-3033

 [info@inaffordablehousingar.org](mailto:info@inaffordablehousingar.org)

### Jericho Way Day Resource Center

Daytime resource center for people experiencing homelessness — case management, showers, mail, and transportation to appointments.

 3000 Springer Blvd, Little Rock, AR 72206

 501-916-9859

**CENTRAL ARKANSAS****Our House**

Shelter and programs for working homeless and near-homeless men, women, and families; education, childcare, and job services.


 302 E Roosevelt Rd, Little Rock, AR 72206

 **501-374-7383**

 [ourhouseshelter.org](http://ourhouseshelter.org)

**PULASKI COUNTY****Union Rescue Mission — Nehemiah House**

Emergency shelter and meals for men experiencing homelessness.

 2921 Springer Blvd, Little Rock, AR

 **501 374-4022**

**The Salvation Army of Central Arkansas**

Emergency shelter, meals, and emergency assistance for individuals and families.

 1111 W Markham St, Little Rock, AR 72201


 **501-374-9296**

 [salvationarmyalm.org/arkansas](http://salvationarmyalm.org/arkansas)

**Hand Up Housing of Arkansas**

Transitional housing and a case-managed program helping men and women move from homelessness toward self-sufficiency.

 North Little Rock, AR

 **501-376-7992**

**Utility, Rent & Energy Assistance**

Help with electric, gas, water bills, and weatherization.

**Central Arkansas Development Council (CADC)**

Administers LIHEAP energy assistance (winter heating & summer cooling), crisis intervention, and weatherization for income-eligible households.

 **501-851-2509**

 [cadc.com/utility-assistance](http://cadc.com/utility-assistance)

**PULASKI, SALINE, LONOKE & MORE**

**Entergy Arkansas — The Power to Care**

Bill-payment assistance for seniors and customers with disabilities, plus low-income solutions. Ask about deferred-payment arrangements.

 **1-800-368-3749**

 [entergyarkansas.com](http://entergyarkansas.com)

**Arkansas 211 — Rent & Utility Help**

Dial 211 to be matched with churches, agencies, and programs offering emergency rent and utility help when funds are available.

 Dial **211**

**NW ARKANSAS**

**St. Francis House**

Emergency assistance that can include help with rent, utilities, clothing, and food for those who qualify; veteran services available.

 2701 S Elm St, Little Rock, AR 72204

 **501-664-5036**



# Food & Nutrition

Food banks, pantries, and meal programs. Call ahead to confirm pantry days and eligibility.

Detail list: <https://bunny-wp-pullzone-ucv3iphwkr.b-cdn.net/wp-content/uploads/2026/04/Food-Resource-Guide.pdf>

## Arkansas Foodbank

The hunger-relief hub for Central & Southern Arkansas. Use the "Find Food" tool or text to locate a nearby pantry.

 4301 W 65th St, Little Rock, AR 72209


 **501-565-8121**


 Text **FINDFOOD** to 844-381-3663

 [arkansasfoodbank.org](https://arkansasfoodbank.org)

## Helping Hand of Greater Little Rock

Food pantry serving Little Rock residents.


 1601 Marshall St, Little Rock, AR 72202

 **501-372-4388**

 [Irhelpinghand.com](https://Irhelpinghand.com)

## River City Ministries


Hot meals and food pantry in North Little Rock, plus additional support services.


 1021 E Washington Ave, North Little Rock, AR 72114

 **501-376-6694**

## Amboy Community Food Pantry

Food pantry for residents of North Little Rock and Maumelle (verify address with utility bill or lease).

 701 W 47th St, North Little Rock, AR 72118

 **501-753-2777**

## Be Mighty Little Rock — Free Pantries & Fridges

Little Free Pantries and community fridges at Central Arkansas Library System branches. 24/7 access, no paperwork or ID.

 [cals.org](https://cals.org) (Be Mighty Little Rock)

**FREE • NO ID**

## SNAP (Food Stamps) Application Help

Free, confidential help applying for SNAP benefits and submitting documents, through Arkansas Foodbank.

 [arkansasfoodbank.org/snap](https://arkansasfoodbank.org/snap)

 **501-565-8121**

## Helping Hand — Stewpot & Meals

Hot meals and additional food support for those in need in the Little Rock area.

 1601 Marshall St, Little Rock, AR 72202

 **501-372-4388**

## CALS — Be Mighty Summer Meals

Free summer meal sites for children at library branches and community partners during school breaks.

 [cals.org](https://cals.org)

**FREE • KIDS**




# Baby & Family Essentials

Diapers, baby supplies, and basic needs for families with young children.

## Central Arkansas Diaper Bank

## WIC — Women, Infants & Children

Free diapers for Central Arkansas families, hosted at Pulaski Heights United Methodist Church. Pre-order by email to guarantee your size; distribution is the first Wednesday of each month (confirm current hours).

 4823 Woodlawn Dr, Little Rock, AR 72205

 [phumcdiaperbank@gmail.com](mailto:phumcdiaperbank@gmail.com)

 [phumc.com/diaperbank](http://phumc.com/diaperbank)

**FREE**

Nutrition assistance, breastfeeding support, and food benefits for pregnant women, new mothers, and children under 5.

 **1-800-235-0002**

 [healthy.arkansas.gov](http://healthy.arkansas.gov) (WIC)

**STATEWIDE**

### The Call (Foster & Kinship Families)

Support, clothing closets, and essentials for foster and kinship families in Central Arkansas.

[thecallinarkansas.org](http://thecallinarkansas.org)



## Health & Medical Care

Free and low-cost clinics, dental, and care for the uninsured.

### Harmony Health Clinic

Free, volunteer-staffed medical and dental clinic for uninsured adults who live or work in Pulaski County. By appointment; application required.

 Little Rock, AR

 [harmonyclinicar.org](http://harmonyclinicar.org)

**FREE • UNINSURED**

### Shepherd's Hope Neighborhood Health Center

Free medical, dental, and vision clinics in the Oak Forest neighborhood for uninsured residents.

 Little Rock, AR

 [shepherdshopelr.org](http://shepherdshopelr.org)

**FREE**

### ARcare — Little Rock

Federally qualified health center: primary care, behavioral health, and chronic disease management on a sliding fee scale; accepts uninsured.

 **1-866-526-2425**

 [arcare.net](http://arcare.net)

**SLIDING SCALE**

### Jefferson Comprehensive Care System (JCCSI) — Little Rock

Primary healthcare and social services for vulnerable populations, including people experiencing homelessness and those living with HIV/AIDS.

 [jccsi.org](http://jccsi.org)

### Arkansas Mission of Mercy (ARMOM)

Periodic free, large-scale dental clinics for adults and children, no insurance required. Check the

### UAMS Health

Academic medical center with financial-assistance options; ask about the patient financial assistance /

website for the next event.

 [armom.org](http://armom.org)

FREE • DENTAL

charity care program.

 501-686-7000

 [uamshealth.com](http://uamshealth.com)

## Mental Health & Substance Use

Crisis support, recovery, and treatment. You are not alone.

### 988 Suicide & Crisis Lifeline

Free, confidential, 24/7 support for anyone in emotional distress or crisis. Call or text.

 Call or text **988**

24/7 CRISIS

### Wolfe Street Foundation

Central Arkansas's recovery community organization: free peer recovery support, AA/NA/Al-Anon meetings, and youth programming. Not clinical treatment.


 501-372-5662

 [wolfestreet.org](http://wolfestreet.org)

FREE • PEER SUPPORT

### Recovery Centers of Arkansas

Full continuum of substance-use and co-occurring treatment, including residential care; state-funded options for Pulaski, Saline, Lonoke & Prairie counties.

 501-372-4611

 [rcofa.org](http://rcofa.org)

### AR ConnectNow

24/7 mental-health support and connection to quality treatment for Arkansans, provided through UAMS.

 1-800-482-9921

 [arconnectnow.uams.edu](http://arconnectnow.uams.edu)

STATEWIDE • 24/7

### Arkansas DHS — Treatment for the Uninsured

Community Mental Health Centers and state-funded substance-use treatment for uninsured/underinsured Arkansans.

 [humanservices.arkansas.gov](http://humanservices.arkansas.gov) (SAMH)

### SAMHSA National Helpline

Free, confidential, 24/7 treatment referral and information for mental health and substance use.

 1-800-662-4357

24/7

## Safety & Domestic Violence

Confidential help for those experiencing abuse. If you are in immediate danger, call 911.

### Women & Children First

### National Domestic Violence Hotline


Safe shelter and supportive services for survivors of domestic violence and their children, plus a 24-hour crisis line.

 Crisis: **1-800-332-4443**

 [wcfarkansas.org](http://wcfarkansas.org)

**24-HR HOTLINE**

Free, confidential, 24/7 support, safety planning, and referrals.

 **1-800-799-7233**

 Text **START** to 88788

**24/7**

### Dorcas House (Union Rescue Mission)

Residential program for women and children in domestic-abuse situations.

 Little Rock, AR

 Call 211 or 988 for connection

### RAINN — Sexual Assault Hotline

Free, confidential, 24/7 support for survivors of sexual assault.

 **1-800-656-4673**

**24/7**

## Legal Aid

Free civil legal help for income-eligible Arkansans — evictions, housing, consumer, family, and benefits.

### Center for Arkansas Legal Services

Free civil legal help for low-income residents of Central & South Arkansas, including evictions and landlord-tenant disputes.

 1300 W 6th St, Little Rock, AR 72201

 **501-376-3423** · Toll-free 1-800-950-5817

 [arkansaslegal.org](http://arkansaslegal.org)

### Legal Aid of Arkansas

Free civil legal services statewide; dedicated fair-housing help.

 **1-800-952-9243** (1-800-9-LAW-AID)

 Fair Housing helpline: **1-870-338-9834**

 [arlegalaid.org](http://arlegalaid.org)

**STATEWIDE**

### Arkansas Free Legal Answers


Post a civil legal question online and get free advice from a volunteer Arkansas attorney (for those who qualify).

 [arlawhelp.org](http://arlawhelp.org)

### Disability Rights Arkansas

Protection and advocacy for the rights of Arkansans with disabilities.

 400 W Capitol Ave, Little Rock, AR 72201

 **501-296-1775**

 [disabilityrightsar.org](http://disabilityrightsar.org)

## Seniors & Disability

Aging services, in-home care, and meals.

### CareLink (Area Agency on Aging)

### Arkansas Choices in Living Resource Center

Meals on Wheels, in-home care, senior centers, and caregiver support across Central Arkansas (Pulaski, Saline, Faulkner, Lonoke, Monroe, Prairie).

 700 W Riverfront Dr, North Little Rock, AR 72114

 **501-372-5300**

 [carelink.org](https://carelink.org)

**CENTRAL ARKANSAS**

One stop for information on long-term care, home- and community-based services, and benefits for seniors and people with disabilities.

 **1-866-801-3435**

**STATEWIDE**

## **Veterans**

Services and support for those who served.

### **Veterans Crisis Line**

Free, confidential, 24/7 support for veterans and their families.

 Dial **988, then press 1**

 Text **838255**

**24/7**

### **St. Francis House — Veterans Services**

Residential placement and support for veterans through veteran-focused programs, plus general emergency assistance.

 2701 S Elm St, Little Rock, AR 72204

 **501-664-5036**

### **Central Arkansas Veterans Healthcare System**

VA medical, mental-health, and addiction services at the John L. McClellan Memorial Veterans Hospital.

 4300 W 7th St, Little Rock, AR 72205

 **501-257-1000**

### **Arkansas Department of Veterans Affairs**

State benefits guidance, claims help, and connection to veteran resources.

 [veterans.arkansas.gov](https://veterans.arkansas.gov)

**STATEWIDE**

## **Jobs, Training & Financial Stability**

Employment services, job training, and money management.

### **Arkansas Workforce Center — Little Rock**

Free job search, résumé help, training referrals, and unemployment services.


 5401 South University Ave, Little Rock, AR 72209

 **501-682-7719**

 [arworkforcecenters.com](https://arworkforcecenters.com)

### **Goodwill Industries of Arkansas**

Free job training, career centers, and employment placement.


 **501-372-5100**

 [goodwillar.org](https://goodwillar.org)

### **IAH Financial Capability Counseling**

### **Arkansas DHS — SNAP, TEA & Benefits**

One-on-one coaching on budgeting, debt reduction, credit, and savings — the foundation for any housing goal.


 **501-221-3033**

 **info@inaffordablehousingar.org**

**CENTRAL ARKANSAS**

Apply for food assistance, cash assistance (TEA), Medicaid, and other state benefits.

 **access.arkansas.gov**

 **1-855-372-1084**

**STATEWIDE**

## **Clothing & Household Goods**

Clothing, furniture, and basic household items.

### **Dorcas House Thrift & Assistance**

Clothing and household assistance connected to Union Rescue Mission programs.

 Call 211 for current locations & hours

### **St. Vincent de Paul (local parishes)**

Many Catholic parishes operate assistance ministries with clothing, furniture, and emergency help. Call 211 to find the nearest.

 Dial **211**


### **Goodwill Industries of Arkansas — Stores**

Low-cost clothing and household goods; proceeds fund job-training programs.

 **goodwillar.org**

### **Recycle Bikes for Kids**

Free bicycles for children; adults can earn a bike by volunteering.

 717 E 10th St, North Little Rock, AR 72114


 **501-563-8264**


## **Transportation**

Getting to work, appointments, and essential services.

### **Rock Region METRO**

Public bus and streetcar service across Little Rock, North Little Rock, and Pulaski County, plus paratransit for riders with disabilities.

 310 E Capitol Ave, Little Rock, AR 72202

 **501-375-1163**

 **rrmetro.org**

### **Jericho Way Transportation**

Rides to shelters and to medical and employment appointments in Pulaski County (Mon–Fri).

 **501-916-9859**

This resource was created to connect Central Arkansas families with the resources they need to find stability and move toward homeownership. This directory is provided as a community service and was last reviewed June 2026. Programs change frequently – please call ahead to confirm hours, eligibility, and what to bring. Inclusion does not imply endorsement.

**501-221-2203 | [info@inaffordablehousingar.org](mailto:info@inaffordablehousingar.org) | Little Rock, Arkansas, 72205**