What is the Lupine Wellness Center?

The Lupine Wellness Center is a student operated mental health and wellness clinic that provides a range of outpatient services to children, adolescents and adults in the community. These services may include:

- Behavioral Parent Training
- Behavioral Therapy for Children
- Consultations
- Psychoeducational Workshops

- Individual Therapy
- Play Therapy
- Marital or Couples Therapy
- Family Therapy
- Social Skills Training

Clinicians address a broad range of issues such as autism, depression, anxiety, relationship and interpersonal problems, emotional and behavioral problems, academic issues (e.g., reading, mathematics, writing, etc.), and problems with stress and coping. In-person and/or telehealth sessions are available.

A-State students receive free services.
A-State faculty, staff, and their immediate families also receive free services.
Services for the Northeast Arkansas community are available on an affordable sliding scale - no insurance required!

The Lupine Wellness Center is operated by the faculty and staff of Arkansas State University. The facility includes six rooms for individual or couples therapy, a larger room for family therapy, group counseling and supervision. The center also has a play therapy room equipped with a variety of tools used for interventions with clients. There is a waiting area for clients and guardians.

The facility is a training and research service center utilized to enhance and enrich the learning experiences of our undergraduate and graduate students.

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