Arms Stretched Wide

RURAL COMMUNITIES



At Arms Stretched Wide, we recognize the burdens rural residents often face. Our desire is to connect rural communities with mental health and relationship support, ensuring no one has to face challenges on their own.





CONNECT

We identify unique needs and connect rural individuals, churches, and communities with helpful resources.

SUPPORT

We support rural residents by facilitating access and growth through support groups, counseling, coaching, and professional services.

EDUCATE

We offer training opportunities that raise awareness in key areas of relational and mental health, with a focus on the unique needs of rural communities.

The mission of Arms Stretched Wide is to provide mental health awareness, access to resources, and compassionate support to achieve a healthier well-being.

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EMPOWER

We're breaking stigma, expanding access, and empowering rural communities to take charge of mental health —because no one should face it alone.