

Help is a click away

MCHELP



MCHELP APP IS EXPANDED TO PROVIDE:

A Way Out for Substance Abuse

Information & Referral via 2-1-1

Helping links via McHenry
County Mental Health Board

Q.P.R. Suicide Prevention



IMMEDIATE ACCESS TO 24/7 CRISIS LINE VIA TEXT OR VOICE

**24-HOURS
A DAY**

**Anxiety • Mental Health Issues
Emergency Situations**

**7-DAYS
A WEEK**

CONFIDENTIAL & ANONYMOUS

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Find more at www.thecfmc.org/mchelp