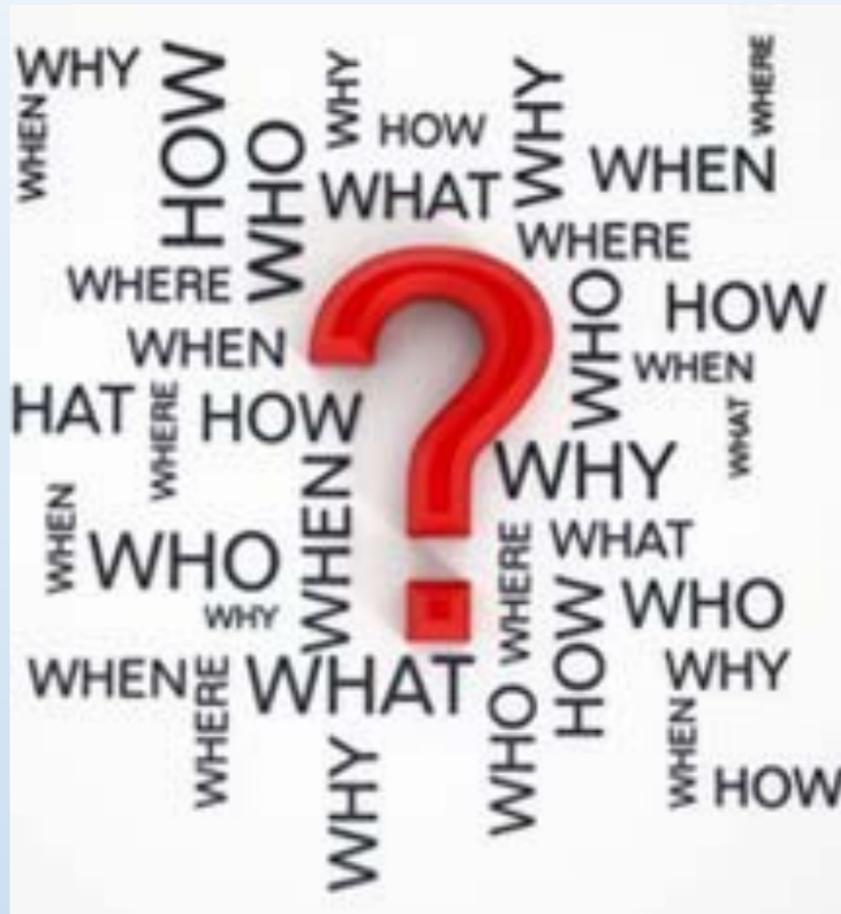


EVERYBODY NEEDS HELP SOMETIMES



IN A CRISIS? JUST NEED TO TALK? CAN'T FIND HELP?

McHENRY COUNTY

HELPING NUMBERS



McHELP App is a quick click to reach immediate crisis support and information via text or voice. Anonymous access to trained, licensed crisis counselors in times of emergency, concern, anxiety or need. **The app can be downloaded from Apple Store or Google Play.**



Centegra Crisis Services serves as the first point of contact for callers in need of immediate assistance for mental health emergencies. Crisis line professionals are also available to help people with intense personal, family and/or marital problems.
1-800-892-8900



United Way 211 is available 24/7 to make referrals to health and human service agencies—from mortgage, rent, and utility assistance to food banks, child care, health services, job training, clothing, emergency shelter, counseling and much more.
2-1-1



The McHenry County Mental Health Board is able to assist with questions regarding mental health and substance abuse resources available in McHenry County.
815-455-2828