

GET THE HELP YOU NEED WITH THE MCHHELP APP!

Confidential & Anonymous

MCHHELP



Immediate access to
professional crisis counselors
via text messaging



**24-HOURS A DAY
7 DAYS A WEEK**

Teens can reach out to professional counselors via text and receive an immediate reply if they or a friend is struggling with:

- Bullying
- Alcohol & Drug Use
- Depression
- Relationship Conflicts
- Exams/Finals
- Anxiety
- Just Need to Talk

**Download
your app today.**

A free
service
provided
by:

**THE
McHENRY COUNTY
COMMUNITY
FOUNDATION**

AN AFFILIATE OF
THE CHICAGO COMMUNITY TRUST

**Centegra Health Systems
McHenry County Crisis Line**

