

HELP IS A TAP AWAY!

McHenry County Mental Health Board

MCHELP App

RE-LAUNCH! TIME TO UPDATE!

The MCHELP App has been streamlined to provide immediate access 24/7 to licensed mental health professionals via voice or text. Here for you, your friends or family, MCHELP is quick and confidential. Anything you need to talk about, licensed mental health professionals are ready to listen and help.

Existing MCHELP App users will receive an update on their smart phone. New MCHELP users can download the app free via Google or iTunes.



Learn more by scanning the QR Code or visit McHenry County Mental Health Board on the web: www.MC708.org

Call or text your concerns to MCHELP on any subject 24/7, 365 days a year:

Anxiety
Mental Health Issues
Depression
School
Family Concerns

Substance Use
Stress
Suicide

DOWNLOAD TODAY!



Scan me

