



**McHENRY COUNTY
MENTAL HEALTH BOARD**

Annual Report

Empowering Minds
Transforming Lives

McHenry County Fiscal Year

2023

December 1, 2022 - November 30, 2023

Annual Report

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Mission

To lead and contract for quality behavioral health (mental health and substance use disorder) and intellectual/developmental disability prevention and treatment services for all people of McHenry County, Illinois.

Vision

McHenry County residents experience optimal mental wellness through access to an integrated system of behavioral healthcare and intellectual/developmental disability services of excellent quality representing a recovery and resiliency focused, consumer driven, and inclusive community-based continuum of care.

Values

- *We lead the way in transforming lives and systems through partnership and planning;*
- *We empower individuals and families toward mental wellness and resiliency;*
- *We are accountable for quality, cost-effective services;*
- *We value diversity in services, staff, and community;*
- *We provide education in order to aid recovery and prevention.*
- *We provide equity and accessibility to services regardless of one's ability to pay.*

For more information visit us at www.mc708.org or call **815-455-2828**.



MCMHB Leadership

Annual Message

In compliance with the Illinois Community Mental Health Act (Illinois Compiled Statutes, Chapter 405, Act 20), the McHenry County Mental Health Board (MCMHB) provides this annual report to the community to outline major activities and accomplishments, sources of revenues, and expenditures for the year ending November 30, 2023.



Connee Meschini
Board President



Leonetta Rizzi
Executive Director

McHenry County Mental Health Board

In fiscal year 2023, Mental Health, Substance Use Disorder, and Intellectual/Developmental Disability were important issues that needed attention beyond the Mental Health Board. Our board highlighted the need to increase our levy to support the current capacity needs of our funded providers and to fund the future needs outlined in our strategic plan. These issues were at the forefront of the minds of many in our community. This was a major focus for us this past year in trying to meet the needs of our community. We are appreciative of the County Board for approving an increase to the MHB levy for FY24. However, there will always be a greater financial need than available funding. We know we are not alone in combating this crisis, as Mental Health, Substance Use Disorder, and issues with Intellectual/Developmental Disabilities are viewed as major priorities in McHenry County and across the nation.

In 2023, McHenry County, like many other counties across the state and nation, faced unparalleled mental health, substance use, and intellectual/developmental disability crises among people of all ages and backgrounds. According to Substance Abuse and Mental Health Services Administration (SAMHSA) two out of five adults have symptoms of anxiety or depression. Rates of depression and anxiety were increasing before the COVID-19 pandemic as our local community needs assessment showed. This recent research indicates that 40% of our residents are struggling with their mental health. This number has doubled since 2020.

The CDC metrics on the suicide mortality rate for the full McHenry County population is 11.2 per 100,000, which is slightly higher than Illinois and reached a peak of deaths by suicide in 2022 at 43. The drug overdose mortality rate in McHenry County for the full population is slightly lower than in Illinois at 21.7 per 100,000, but we know many more are struggling and the risk of deaths by overdose is high when confronted with lethal street drugs such as fentanyl and other opioids or animal tranquilizers as we saw an increase in this past year.

Families and individuals with Intellectual/Developmental Disabilities (IDD) have also had increased challenges. There are approximately 300,000 people in Illinois with IDD but there's an additional 23,426 people with disabilities that are not receiving any services and struggling with co-morbid mental health or Substance Use Disorder (SUD) issues as well. We currently have 482 IDD clients being served

in McHenry County recognized by the State of Illinois who are receiving Home or Residential-Based services, but an additional 478 identified clients are waiting for services.

All our local needs assessments (e.g., McHenry County Department of Health Community Needs Assessment work through the 2023-27 IPLAN, 2023 Advocate and 2023 Northwestern Medicines Community Needs Assessment for McHenry County) ranked Behavioral Health and Access issues as the priority needs for focus. Access to services ranked #1 need in the McHenry County Healthy Community Key Informant Survey.

The pandemic presented our nation and community with great challenges as well as solutions, such as telehealth, which continue to evolve today. It also helped to break down the stigma associated with Mental Health as many struggled during this time and were more open about their issues. Awareness and Access to services have risen high in needs assessment and stakeholder feedback. Other areas for improvement post-pandemic have been strategies to address the challenges in the staffing of our Network agencies and programs including increased rates for Direct Support Professionals (DSPs) who care for IDD clients in our community and homes. Then there is a greater focus needed on our youth in McHenry County. Child and Adolescent (C & A) services have been identified as one of the largest gaps by our stakeholders. McHenry County has been identified as a county with a high estimated number of youth with mental health needs. There are too few services overall to meet the high capacity needs in our county for youth. Greater advocacy for adequate rates and additional MCMHB support is needed to support our Network agencies.

The Mental Health Board is committed to providing an integrated quality system of care for Mental Health, Intellectual/Developmental Disabilities, and Substance Use Disorder services. Addressing the crisis and our strategic initiatives requires comprehensive efforts through our Network and community stakeholders for increasing access to care, reducing stigma, increasing funding for mental health and disability services, and promoting early intervention and prevention strategies. It's crucial to prioritize Mental Health, Substance Use Disorder, and Intellectual/Developmental Disability care to improve the overall well-being of individuals and communities.



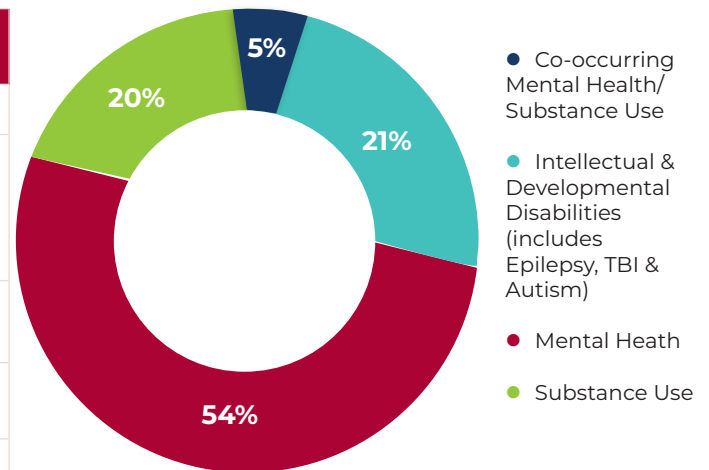
Financial Summary

The Mental Health Board policy, in accordance with the Community Mental Health Act, ILCS, Chapter 405, Act 20, Section 0.1, et. seq. stipulates that funds allocated by the MCMHB may be used to contract for mental health, substance use disorder, and developmental disability services.

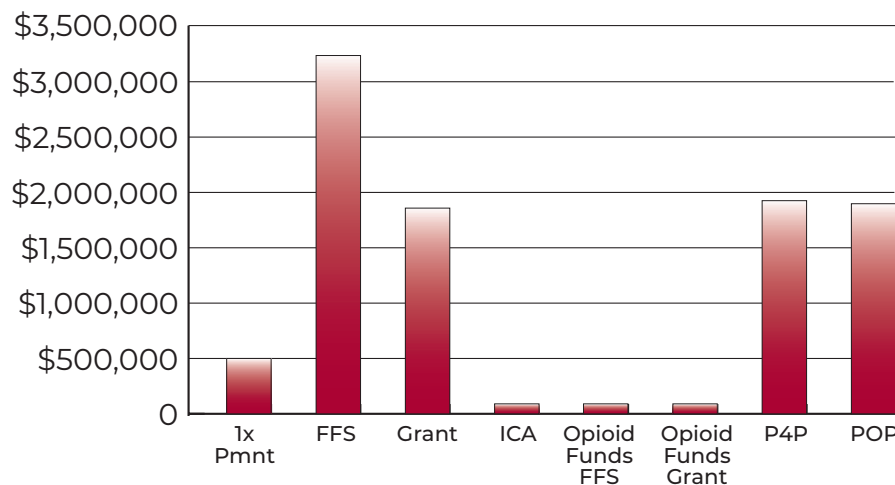
Funding by Need

Sum of FY23 Funding	
Mental Health	\$5,236,070
Intellectual & Developmental Disabilities (includes Epilepsy, Traumatic Brain Injury (TBI) & Autism)	\$1,990,074
Co-occurring Mental Health/ Substance Use	\$522,409
Substance Use	\$1,883,187
Grand Total	\$9,631,741

FY23 Funding by Need



Funding by Contract Type



Sum of FY23 Funding	
1x Payment	501,809
FFS	3,261,407
GRANT	1,813,639
Independent Contractor Agreement (ICA)	107,157
Opioid Funds - FFS	100,000
Opioid Funds - Grant	108,904
P4P	1,893,774
POP	1,845,051
Grand Total	\$9,631,741

FUNDING TYPES

Fee-for-Service (FFS)

Payments for each event of service. When possible, rates are based on those set by the State of Illinois.

Standard Grant (GRANT)

Provides funds for access to specific care or the infrastructure of a program and requires year-end reconciliation of actual expenses.

Pay-for-Performance Grant (P4P)

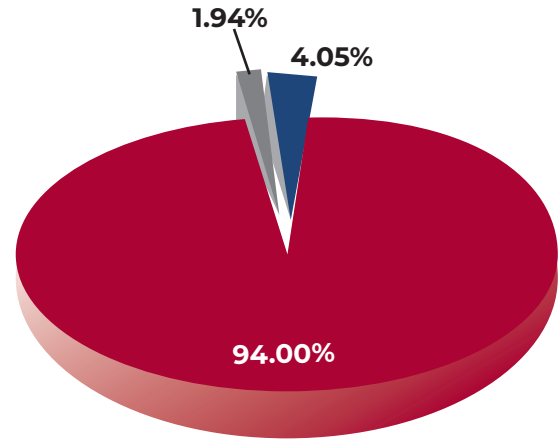
Payment is predicated on the reporting MHB defined output and outcome data. Pay-for-Performance Grants primarily support access to Psychiatric/Prescriber services.

Purchase of Position (POP)

Payment for a particular staff position critical to the delivery of an approved service or program for which Fee-for-Service funding is not applicable.

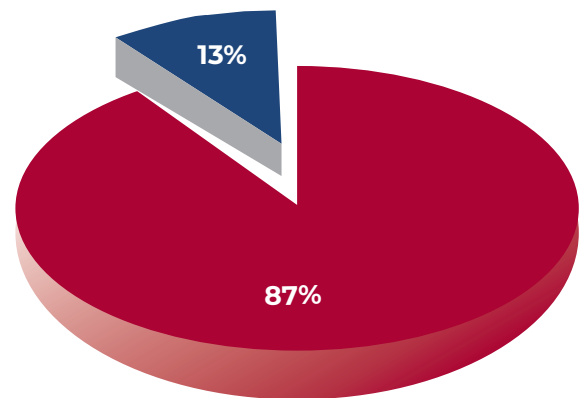
Expenditures - Community Services and Supports	
22nd Judicial Circuit of McHenry County	217,039
Alexian Brothers Behavioral Health	255,000
Association for Individual Development	319,814
Aunt Martha's Health & Wellness	250,000
Blair Counseling (Clinical Supervision ICA)	1,020
Child Advocacy Center	135,000
Clearbrook	667,826
Community Health Partnership of Illinois	57,000
Consumer Credit Counseling	37,099
Crystal Lake Teen Center - The Break	41,928
Family Health Partnership	127,300
Greater Family Health	260,774
Home of the Sparrow	425,886
Horizons Behavioral Health	200,000
Independence Health & Therapy	375,000
Live 4 Lali	241,913
Mather's Community Mental Health Center	50,000
Mather's Recovery	75,000
McHenry County Sheriff's Office	300,000
McHelp App Support (LEAD)	20,071
NAMI - McHenry County	300,000
Network Promotions and Marketing	21,900
Network Training	19,756
New Directions Addiction Recovery Services	462,117
NIMC Northwestern Medicine	260,500
Northern Illinois Special Recreation	46,866
Northern Illinois Recovery	207,157
Northwest CASA	101,480
NeuroClinic & Assessments LLC (ICA)	6,000
Options and Advocacy	495,387
Other Program Contractual	10,136
Pioneer Center	1,052,652
Prescriptive Loan Program	4,100
Rosecrance	798,696
Service Inc. of Illinois	62,100
Suicide Prevention Services - Crisis Line	150,000
Thresholds	350,000
Transitional Living Services	200,737
Transportation Funds (Kaizen)	122,561
Trauma Informed Care Program	20,000
Turning Point	646,683
Youth & Family Center of McHenry County	486,000
Grand Total Community Services & Support	\$9,882,496
Mental Health Board Administration (Admin/Bldg)	
Building Occupancy Expense	173,494
Administrative Salaries and Benefits	865,696
General Administration	418,364
Total Mental Health Board Administration	\$1,457,554
TOTAL EXPENDITURES	\$11,340,050
REVENUE OVER/(UNDER) EXPENDITURES	(\$244,504)
FUND BALANCE - Beginning of the year	\$7,342,600
FUND BALANCE - End of the Year	\$7,098,096

FY 2023 REVENUE



● McHenry County Property Tax Receipts	10,430,305
● Opioid Settlement Funds	215,392
● Interest/Misc. Revenue/Building Rent	449,850
TOTAL REVENUE	\$11,095,546

FY 2023 EXPENDITURES



- Grand Total Community Services & Support
- Mental Health Board Administration (Admin/Bldg)

Footnotes:

(1) McHenry County Audits for 2023 will not be finalized until at least the end of May 2024. As a result, at the time of printing, this financial summary is based on unaudited numbers.

(2) Opioid Settlement Funds included in Expenditures above -

Live 4 Lali	\$ 62,774
New Directions Addiction Recovery	\$ 46,130
Northern Illinois Recovery	\$100,000

MCMHB FY21-23 Strategic Plan Accomplishments

Highlights:

- Three-Year CARF Accreditation (through 2026) with “no recommendation” placing us in the top 3% in the country.
- Approved funding allocations maintaining a comprehensive set of substance use disorder prevention and treatment strategies, mental health treatment and recovery, and expansion of Intellectual/Developmental Disability day services.
- Funded over 35 providers annually for approximately 70 continued programs, 34 new programs/services, and helped to fund and establish 1 new IDD group home in McHenry County. Encouraged and supported provider innovations to help fill gaps in care such as within Autism to create new positions for FY23.
- Developed a new agreement with McHenry County SAO to administer the Opioid Settlement Funds through 2038 to community substance use disorder providers and put processes in place to begin incorporating these funds and procedures into our funding cycle with first NOFA planned for release in January 2023 to combat the opioid epidemic.
- FY21-FY23 supported harm reduction strategies and trainings in our Network resulting in 12,830 doses of Naloxone distributed in McHenry County.
- Established access to a McHenry County-based Medically Managed Detox Unit by funding the uninsured.
- Implemented a multi-tiered strategy to promote the MCHelp Mobile App as a primary resource for youth behavioral health support and access, and further promotions to the public at large.
- Funding Application & Outcomes Reporting revised in FY22 to include outcome benchmarking, waitlist criteria/processes, and ineligible referrals and made further improvements in FY23 regarding resolution for waitlists.
- Used data collected via monthly service data, utilization, outcome reporting, and compliance audits to inform the FY22 & FY23 funding allocation considerations.
- Provided ongoing consultation at compliance audits and at FY22 & FY23 work plan development meetings regarding Evidenced-Based Practices (EBPs) – fidelity to service models and use of objective measurement tools to track outcomes and assisted provider agency in implementing GAD-7/PHQ-9 screening tools.
- Incorporated the review of Evidence-Based Practices in use with providers at Compliance Audits including fidelity to the model(s) and incorporated vetting of provider staff credentials for MHP/QMHP, and QIDP into the compliance audit process.
- Created a Trauma-Informed Coordinator role for the Network and drove many new initiatives such as the reformation of the Trauma-Informed Change Team, created a Trauma-Informed book club and training program, and revamped Adverse Childhood Experiences Trainings (ACE) for FY23 to new Trauma-Informed Approach trainings.
- Piloted “Handle with Care Program” with McHenry School district and Police Department program in FY23 in partnership with Youth and Family Center of McHenry County.
- Enhanced MHB Network by supporting a CPI (Crisis Prevention Institute) Instructor who facilitated training to a total of 166 Network provider staff in Nonviolent Crisis Intervention techniques since September 2022 when trainings began to be offered to the Network.
- From FY21- FY23, MCMHB hosted 112 Network Trainings in total with 7,061 attendees obtaining CEU’s.
- From FY21- FY23, MCMHB supported 147 QPR Suicide Prevention Trainings with 5,089 gatekeepers trained in our county to help identify and offer referrals to those in need.
- Collaborated with the State’s Attorney’s Office (SAO) in FY 22 to administer the Homicide Survivors Support Group at the Mental Health Board.

Strategic Initiative #1: MCMHB Network Enhancement & Development

Strategic Initiative #2: Promote a Comprehensive Network of Behavioral Health Services

Strategic Initiative #3: Strengthen & Support Intellectual/Developmental Disability Services

- Monitored and planned for 590 MCR grants, 988 rollouts, Pathways to Success, CESSA, and McHenry County Crisis Line intersection and coordination changes.
- Addressed issues to our State Representatives regarding gaps in MH and I/DD care such as the lack of facilities/units in our county and the need for clients to be transferred out-of-county for care.
- A CCBHC in McHenry County - Supported Thresholds with their new Certified Community Behavioral Health Clinic (CCBHC).
- Assisted with Bell Seal Certification for Mental Health achieved by County and assisted with input into Bell Seal application and process with County HR. McHenry County was awarded Bell Seal certification for Workplace Mental Health and worked with HR department to incorporate other future MH trainings for county employees.
- Incorporated gaps discussed at the Town Hall, stakeholder surveys, and meetings into planning efforts and worked with Providers and Network Council to develop solutions for FY24.
- Advocated and received a MHB levy increase for the FY24 budget.



NEW FISCAL YEAR 2024-2026 Three Year Plan

Strategic Initiative #1: Enhance Access to Quality Care for Behavioral Health (BH) & Intellectual/Developmental Disability (IDD) Services

Strategic Initiative #2: Enhance Continuum of Care for BH & IDD Service

Strategic Initiative #3: Increase Awareness & Visibility of Community Resources

Strategic Initiative #4: Provide Visionary Leadership, Empowerment, and Advocacy to BH & IDD Stakeholders

VISIT OUR WEBSITE TO VIEW FULL PLAN

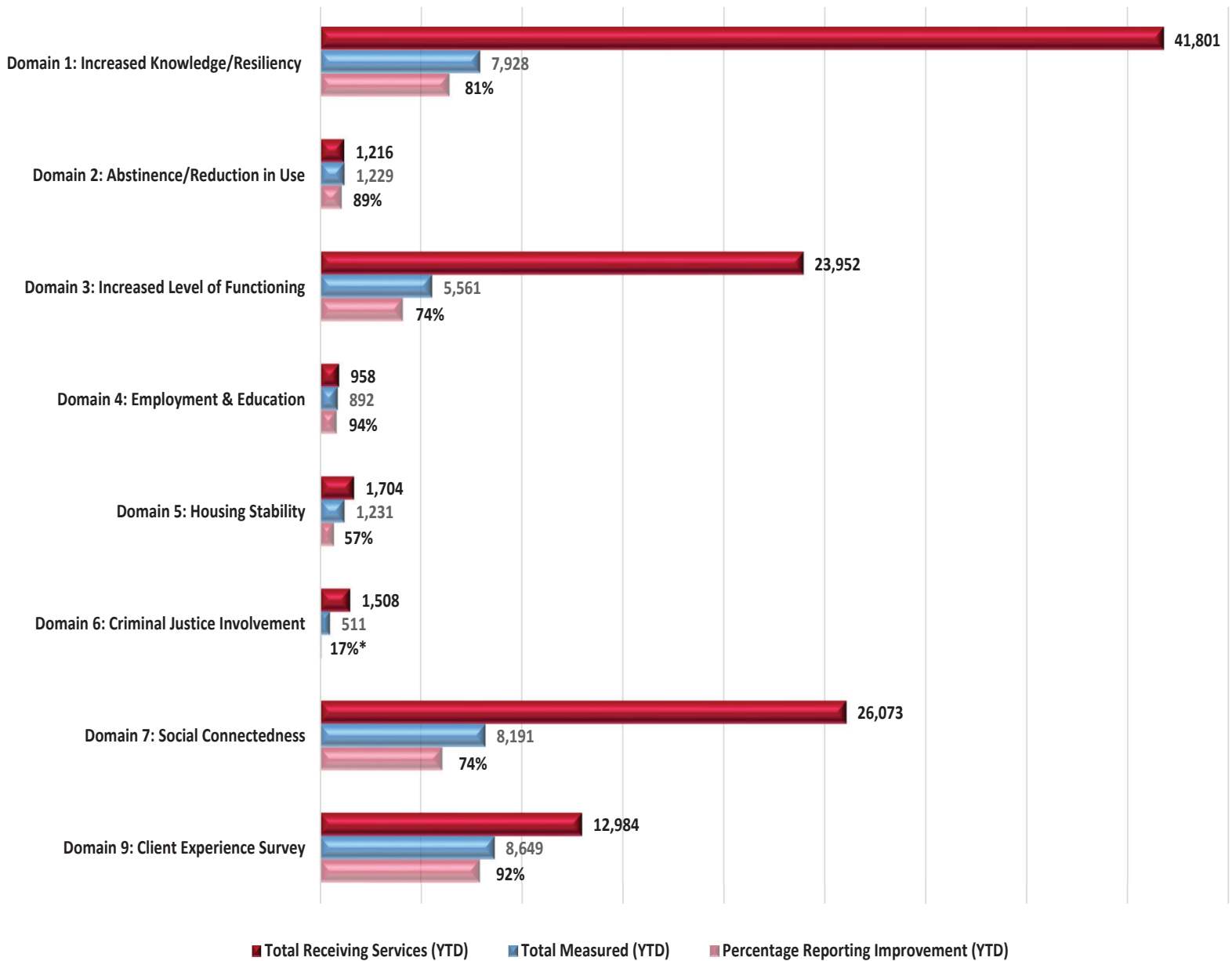
Network

Outcomes



The MCMHB has adopted a revised version of the SAMHSA National Outcome Measures (NOMs) Framework to promote the use of consistent measures across its network. MCMHB Network Outcomes are comprised of domains that embody meaningful outcomes for people who are striving to attain and sustain recovery; build resilience; and work, learn, live, and participate fully in their communities. Over 30 evidence-based practices and various validated tools are utilized.

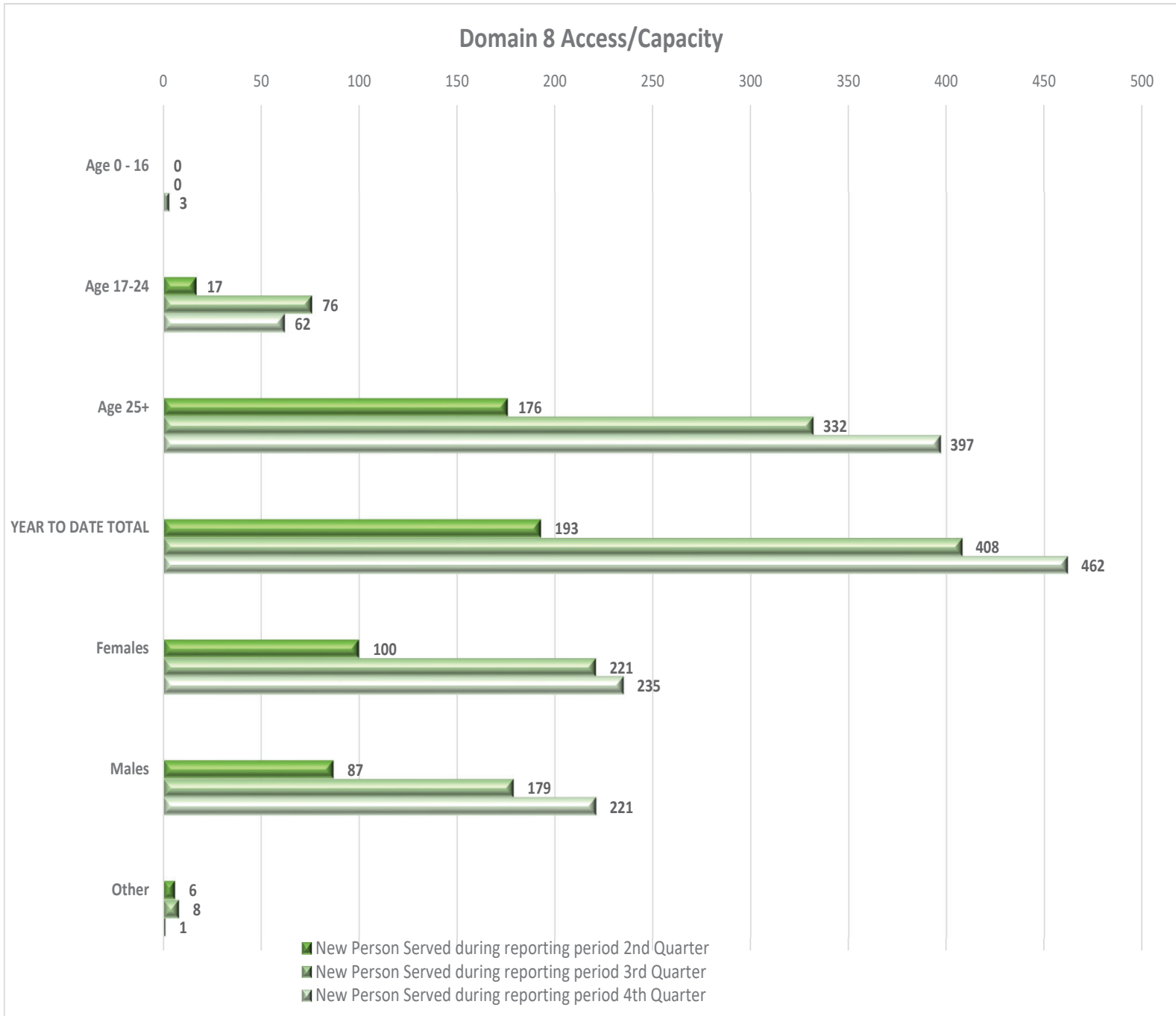
McHenry County Mental Health Board
FY 2023 Network Outcomes



*Average % of Active Participants reporting criminal justice involvement and/or re-arrest.



**McHenry County Mental Health Board
Opioid Settlement Funded Network Outcomes**



2023 Highlighted MHB Funded Programs

Counseling/Psychiatry in Healthcare Settings

Integrated health care is a comprehensive and coordinated approach to delivering healthcare services that focus on the seamless integration of various medical, behavioral, and social services to improve patient outcomes and overall well-being.

Aunt Martha's - Woodstock Psychiatric and Telepsychiatry Services Program

<https://www.auntmarthas.org>

Aunt Martha's is one of the state's largest Federally Qualified Health Centers. Behavioral health services include adult, child, and adolescent psychiatry and therapy, individual counseling, and comprehensive diagnostic evaluation and treatment.

Psychiatric and Tele-psych Services are funded by MHB. Aunt Martha's model of integrated care brings behavioral health (BH) services into the primary care clinic setting by offering routine mental health screening and access to treatment to: promote early detection and improved management of treatment; reduce the stigma of treating mental health disorders and offer convenience to patients; promote adherence and strengthen monitoring of the treatment plan; and, build on the existing, ongoing PCP and patient relationship.



Community Health Partnership of Illinois – Harvard Clinic Breaking the Stigma: Mental Health Services for all (Bilingual)

Licensed Mental Health Therapist <http://www.chpofil.org>

Community Health Partnership of Illinois provides comprehensive, integrated primary health care services targeting underserved, predominantly Latino rural populations, including migrant and seasonal farmworkers and families throughout northern and central Illinois.

Breaking the Stigma is a program funded by the MHB. "Mental Health Services for All" is an integrated, prevention-oriented behavioral health program targeting, but not limited to, the Latino population in the Harvard Health Center service area and offers Spanish Outpatient Therapy, Spanish specialized psychiatry services via Telehealth and Community Mental Health Outreach and Education. The "Salud para Todos" curriculum is designed to strengthen the knowledge about mental health issues and coping mechanisms, utilizing resources to help those suffering from mental health issues access the services available to them in the community.



2023 Highlighted MHB Funded Programs

Counseling/Psychiatry in Healthcare Settings

Integrated health care is a comprehensive and coordinated approach to delivering healthcare services that focus on the seamless integration of various medical, behavioral, and social services to improve patient outcomes and overall well-being.

Family Health Partnership Clinic - Crystal Lake Licensed Therapist and Bilingual Navigators

<http://hpclinic.org>

The Family Health Partnership Clinic provides health care to those in our community who do not have health insurance of any kind. The Clinic has an integrated mental health component and provides brief therapy for patients who are facing mental health issues as well as physical health problems.

Therapist - the purpose of this project is to treat individuals in need of behavioral health services and service delivery with appropriate mental health assessments, and treatment plans, along with short-term mental health treatment.

Patient Navigator Program- the purpose of this program is to link individuals in need of behavioral health and other critically needed services with the provider organizations that can provide appropriate assessment and service delivery as indicated.



FAMILY HEALTH
PARTNERSHIP
CLINIC

Greater Family Health - McHenry Behavioral Health Integration Program

<https://greaterfamilyhealth.org>

Greater Family Health is a community health center that provides quality health care to all, including those who don't have the ability to pay.

- Behavioral Health Integration uses screening, brief intervention (including Behavioral Activation) and referral to treatment (SBIRT). The program is team-based with full integration between primary and behavioral health care including shared patient scheduling, shared treatment planning, and shared record keeping.
- Medication Assisted Treatment (MAT) offers patients (18 years and older) struggling with opioid dependence a chance to begin their journey in recovery by combining medication with individualized therapy.
- Psychiatry provides patients of all ages with Psychiatric Evaluations, Medication Education and Medication Monitoring.



Prevention Efforts

Across the United States, more people are dying from so-called “deaths of despair” – suicide, drug and alcohol poisoning, and alcoholic liver disease – than at any other point in recorded history, according to the Centers for Disease Control and Prevention (CDC).



These 3 simple steps may help save a life!

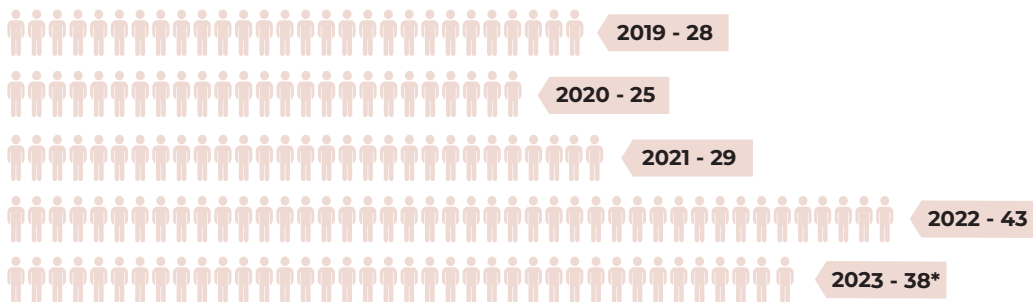
Question. Persuade. Refer.

Please visit <https://namimch.org/workshops> for more information.

McHenry County Mental Health Board Network Milestones

- FY 2023 QPR Trainings: 50 Trainings & 2,172 Attendee/Gatekeepers. The increase in gatekeepers is **16% greater** than last FY! NAMI McHenry County facilitates QPR instructors and classes,
- Live4Lali: Naloxone, an opioid reversal drug that, when available, is administered to someone experiencing an overdose. 6398 doses distributed by Live4Lali to Community Members & First Responders. This number distributed is **40% more** than last FY!
- New Directions - A Way Out Program: Offers access to substance use treatment and resources through law enforcement officers/agencies & 24/7 hotline. In 2023 – 1,417 participants were helped to gain information and access drug/alcohol treatment. This number is over **2.5 times greater** than last FY!

McHenry County Deaths by Suicide



McHenry County Deaths by Overdose



* Pending Number

About



McHenry County Mental Health Board

The McHenry County Mental Health Board is a special unit of government. As a result of Illinois House Bill 708, in 1967 voters in McHenry County established a community Mental Health Board and chose to levy an annual tax for the purpose “...of providing community mental health facilities and services, including facilities for the developmentally disabled and the substance abuser.”

Following this successful referendum, the county government appointed a board of community representatives to administer the mental health fund and to carry out the duties and responsibilities of the Community Mental Health Act. The Community Mental Health Board held its first meeting shortly thereafter and quickly began to develop general operating procedures and to fund agencies.

The Illinois Community Mental Health Act mandates Community Mental Health Boards in the State to:

- Review and evaluate community mental health services and facilities.
- Plan for programs of community mental health services and facilities.
- Consult with others regarding the most efficient delivery of services.
- Appropriate funds to maintain mental health services and facilities.

The Board is mandated to assure on behalf of the community that those in need of mental health, intellectual/developmental disabilities, or substance use services will have those services available to them. To accomplish this task the Board must continuously engage in policy development focused on their governance of all access, quality, and cost concerns for their constituencies needs.

To carry out these responsibilities board members must provide leadership and vision for the behavioral healthcare needs of county residents. Each board member is accountable to the community. As part of a governing body, each board member must determine what is in the best interest of the community and each of its residents.



Staff and Schedule

MCMHB



The McHenry County Mental Health Board meets monthly on the fourth Tuesday at 6:00 pm at the McHenry County Mental Health Board, 620 Dakota St., Crystal Lake, Illinois. Public comment is always welcome at the beginning of all MCMHB meetings. For a complete list of Board and Committee meeting dates and times visit www.mc708.org.

For agendas and meeting minutes visit www.mchenrycountyil.gov and click the Meeting Portal tab near the top of the page.

FY23 MCMHB Board of Directors

Connee Meschini, President

(Term: 01/01/05 - 12/31/25)
Chair, Executive/Personnel Committee

Ray Lapinas, Vice President (as of 7/25/23)

Treasurer (thru 7/25/23)
(Term: 01/01/18 - 12/31/25)
Chair (thru 7/25/23), Finance & Audit Committee;
Executive/Personnel Committee

Lindsay Keisman, Treasurer (as of 7/25/23)

(Term: 01/01/23 - 12/31/26)
Chair (as of 7/25/23), Finance & Audit Committee;
Executive/Personnel Committee (as of 7/25/23);
Ethics & Compliance Committee

Adam Carson, Secretary (as of 7/25/23)

(Term: 1/1/21 - 12/31/24)
Chair, Building & Grounds Committee;
Executive/Personnel Committee (as of 7/25/23);
Finance & Audit Committee (as of 7/25/23)

Michael Baber, Vice President (thru 7/25/23)

(Term: 01/01/21 - 12/31/24)
Chair, By Laws Committee;
Executive/Personnel Committee (thru 7/25/23);
Ethics & Compliance Committee (as of 7/25/23)

Greg Alexander, Member

(Term: 01/01/21 - 12/31/24)
Chair, Ethics & Compliance Committee;
By Laws Committee

Christina Bruhn, Member

(Term: 01/01/23 - 12/31/26)
Building & Grounds Committee, Ethics &
Compliance Committee

Amy Rath, Member

(Term: 01/01/23 - 12/31/26)
By Laws Committee, Finance & Audit Committee

Carolyn Schofield, County Board Liaison

(Term: 08/15/23 - 12/01/24)
Building & Grounds Committee, By Laws
Committee, Finance & Audit Committee

Paula Yensen, County Board Liaison/Secretary

(Term: 02/21/17 - 07/25/23)
Executive/Personnel Committee, Ethics &
Compliance Committee, Finance & Audit Committee

FY23 MCMHB Staff

Leonetta Rizzi, BSN, MS, MBA

Executive Director

Karin Frisk, MS, QMHP, CHC

Compliance & Operations Manager

Melanie Duran, CMA

Fiscal Operations Manager

Kristen Doherty

Training Coordinator

Bridget Geenen

Executive Assistant

Christy Golden

Accountant II

Vickie Johansen

Contract Management Specialist

Quinette Hobson-Robb, LSW

Compliance & Quality Assurance Analyst
(Start date 6/20/23)

Brenda Sandberg

Compliance Assistant (Start date 1/17/23)

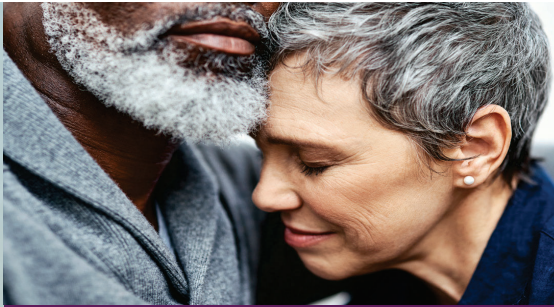
Lori Zeek

Administrative Specialist III

Industry Affiliations

- Association of Community Mental Health Authorities of Illinois
- Community Behavioral Health Association of Illinois
- Health Care Compliance Association
- Illinois Association of Rehabilitation Facilities
- National Council for Mental Wellbeing

9-8-8 Suicide & Crisis Lifeline



What happens when I call 988?

- At the beginning of the call, callers have the option to select the Veterans Crisis Line or the Spanish language Crisis Line.
- If the caller does not select either of these options, they will be routed to an official Life Line Call Center based on their area code or IP address.
- A trained behavioral health crisis counselor will talk with you.
- The counselor will:
 - Listen to you
 - Understand how your problem is affecting you
 - Provide personal support
 - Give you the help you need, and may include in-person support from a Mobile Crisis Response Team.
- Follow up services may be offered.
- A call to 988 does NOT automatically facilitate a police response.

3 ways to access 988



**CALL
988**



**TEXT
988**



**CHAT
988**

988lifeline.org/chat

When should I call, text or chat 988?

Anyone could be struggling with suicide. If you or someone you know is having thoughts of suicide or experiencing a mental health or substance-use crisis, 988 provides a connection to free, 24/7 confidential support.

- Thoughts of suicide
- Emotional distress
- Feelings of hopelessness
- Substance-use
- Trauma or loss
- Community unrest or Covid-19 related stress

What is 988?

988 is more than just an easy-to-remember number—it's a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress, along with concerned family, friends and/or caregivers.



What is the difference between 988 and 911?

988 provides easy access to the National Suicide Prevention Lifeline network and related crisis resources. This is different from 911, where there may be additional support provided to you depending on your individual situation.

The goal of 988 is to meet the country's growing suicide and mental health-related crisis care needs.

**HOLD ON
TO HOPE.**
WE'RE HERE TO HELP.

CALL 988 for 24/7, free and confidential support from trained crisis counselors.



HELP IS A TAP AWAY!

McHenry County Mental Health Board

MCHELP App



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 • Stress
- Depression • School • Family Concerns
- Substance Use • Suicide

DOWNLOAD TODAY!

SCAN ME!



McHenry County Mental Health Board

620 Dakota Street
Crystal Lake, Illinois 60012

815-455-2828 phone
815-455-2925 fax

www.mc708.org

