

Community Social Services:

[McHelp Crisis App](#)

You can text chat with a support person in real-time for free.

[McHenry County Crisis Line: 1-800-892-8900](#)

Crisis counselors can provide emergency counseling for victims of crimes or those in need of moderate psychiatric services. Note: this does not take the place of an emergency room; if in need of immediate psychiatric help, always call 911.

[McHenry County Mental Health Board: Mental Health Resource Guide](#)

McHenry County Mental Health Board | 620 Dakota St. Crystal Lake, IL 60012 Phone: 815-455-2828 | Fax: 815-455-2925 | Email: informationrequest@mc708.org

[211 Help Line](#)

Operators will help you find resources and services.

[RAINN Safety and Prevention Resources](#)

Strategies that may reduce your risk or give you the confidence to step in to prevent a sexual assault.

[Noonlight App](#)

A GPS app that helps alone women get home/to their car safely and is directly connected to a dispatch center.

[Zacharias Center in Gurnee](#)

Wonderful center for outpatient therapy for sex assault victims; Most services free for victims, but also take insurance.