

CONNECT

To Help. To Hope.

Are you struggling with life challenges? Connect is here to help you.

Connect is a resource to help with any issues that you may be dealing with. You can talk with a counselor by calling **800.926.9619**.

STEP 1

Ask for Help

Are you or a friend struggling? Anyone can call.

STEP 2

Call Connect 800-926-9619

Setting up an Appointment is EASY!
Call Anytime - Day or Night.

STEP 3

See a Counselor

Confidential - What You Talk About is Private.

STEP 3

Work Towards Feeling Better

We Care About You and How You're Feeling.
No Matter the Problem - We Can Help!

