

Take My Hand

Take My Hand is a Live Peer Chat Service. Our online chat is an anonymous virtual platform that allows you to have a safe place to express your thoughts and your struggles. Our peers and staff will remind you that you have social value and you are not alone. **So, in those dark days when it seems that there is no way out, in those moments of anxiety when you think that others will not understand you, join us in live chat at TakeMyHand.co**

Here, you can partner with a peer support specialist, who has walked through their own struggles and is here to listen to you, just a few keystrokes away.

Objectives

- Anonymous, safe environment for individuals to share safely.
- Increase purpose, belonging and social connectedness of individuals served.
- Detect and acknowledge mental health challenges sooner.
- Increase access to appropriate level of support and care.

- Chat online with a peer support specialist for free.
- 1 on 1 peer support with real people. No bots.
- Access to local resources with our online resource guide.
- Anonymous access to services to reduce stigma.
- Access from anywhere. Laptop, phone, tablet or kiosk.
- Partner with a peer to arrive at new solutions to a challenge.

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Visit **TakeMyHand.co** and receive chat support today!

Riverside University HEALTH SYSTEM

#SUPPORTRIVCO