

COUNTY OF KANE



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Kane County Health Department Launches Behavioral Health 360: A New Online Hub for Mental Health & Substance Use Support

(Media Release 2/3/25) The Kane County Health Department (KCHD) is announcing the launch of Behavioral Health 360, a comprehensive online platform designed to support individuals facing mental health and substance use concerns. This new self-help tool, available today at kanehealth.com, provides 24/7 access to information, strategies, and local resources to help residents take control of their well-being.

Behavioral Health 360 offers a three-part approach to support:

- **Learn:** Gain a deeper understanding of mental health and substance use topics through easy-to-read articles and videos. Quick assessments help you understand how you're feeling today and over time.
- **Find Strategies:** Get practical tools and coping techniques to manage stress, anxiety, depression, addiction, and more.
- **Connect to Resources:** Locate local treatment providers, support groups, and crisis services in Kane County.

“Mental health and substance use challenges impact individuals and families across our community,” said Michael Isaacson, Executive Director of KCHD. “Behavioral Health 360 helps people to explore their concerns, find support at their own pace, and connect with trusted local resources if they need them.”

The platform is free to use, confidential, and designed for teens and adults. Mental health providers can also use Behavioral Health 360 to share reliable information and resources with their clients, helping to supplement in-person care with accessible digital tools. Whether someone is seeking help for themselves, a loved one, or a client, Behavioral Health 360 serves as a starting point for education and action.

For more information or to explore Behavioral Health 360, visit: kanehealth.com