



# We're Here for You

## Tough Experiences? Chat with us!

TakemyHand 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](https://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.



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.



Visit [TakemyHand.co](https://TakemyHand.co)

1. Scan the code
2. Hit the chat button
3. Connect to Peer Support



Scan to Chat