



Riverside County

NEWS RELEASE

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Behavioral health support available to public to assist with coping and anxiety

New app provides text support along with referrals to community resources

Riverside County residents who are experiencing the stress and challenges surrounding the coronavirus pandemic have free access to live support via text chat from peer support specialists and counselors through a new computer and smartphone app called TakeMyHand.co. Please note that the URL is a .co and not a .com site.

“This is an example of using leading-edge technology to bring behavioral health care to people where and when they need it,” said Dr. Matthew Chang, director of Riverside University Health System – Behavioral Health, which developed the app. “The 24/7 availability means that people can get support without a delay or need to travel outside their home,” he continued.

This online resource uses a chat format to connect individuals with specialists who are trained to interact with people expressing concerns about difficult feelings and behaviors.

TakeMyHand.co provides an alternative to telephone and video calls for those who prefer text as their primary form of communication. A comprehensive list of Riverside County wellness and recovery resources is also available at this site. TakeMyHand.co is confidential and does not require a login, username or password.

“I appreciate that Behavioral Health is always there for our community, and especially now,” said Riverside County Board Chair and Fourth District Supervisor V. Manuel Perez. “These are excellent services that provide support and hope.”

Although this is not a substitute for the care of a licensed clinical professional, many people may find this to be a useful outlet to help calm their anxiety and regain their center. Anyone experiencing a behavioral health crisis should immediately contact 2-1-1 or call the behavioral health CARES line at (800) 706-7500. A 24/7 free, confidential crisis or suicide intervention service can be reached at (951) 686-HELP (4357).

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