

# Huron County Support Line

## (567) 560-3600

The Huron County Support Line is a free, non-judgmental, non-emergency support line available to every person in the county. Individuals can call to get support and learn about available mental health and recovery resources. The Support Line is staffed by behavioral health professionals who are trained to help.

### **Why call the Support Line?**

**Call (567) 560-3600** when you need a safe place to:

- Discuss problems, fears, and anxiety related to the COVID-19 situation.
- Ask questions about recovery and coping with a mental health concerns.

### **What should I expect when I call?**

The behavioral health professional will:

- Listen to you with compassion and without judgment
- Offer you support and kindness
- Help you identify your own coping skills and connect with resources
- Provide ongoing supports as needed

### **When can I call?**

The Support Line is staffed 7 days a week from 8:00am – 10:00pm daily.

**This is not a crisis hotline.**  
**If you are experiencing a mental health crisis, call 800-826-1306.**