



A Resource for You!

Community Health Resources (CHR) provides a range of personalized, effective behavioral health treatments for the Capital Community College community.

NEW this year: services are available through the convenience of telehealth as well as in-person care. It all begins with one phone call:

1.877.884.3571

CHR services include:

- Outpatient therapy for individuals and families, including Intensive Outpatient programs
- Open Access hours to ensure that you can start treatment quickly
- Gold-standard treatments for substance use disorders, including Medication Assisted Treatments for opioid use addiction

For **FREE** coaching to help with stress, call CHR's **HERO HOTLINE** at **888-217-HERO**. Learn more at www.chrhealth.org.



REAL LIFE. REAL HOPE.

