

News Release

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Kane County Health Department Unveils Redesigned Behavioral Health 360 Website

The Kane County Health Department (KCHD) is launching a redesigned Behavioral Health 360 website, offering Kane County residents a more welcoming, easy-to-use and personalized way to find mental health and well-being information and support.

Behavioral Health 360 is a free website for Kane County residents with trusted resources, assessments, practices and information covering a wide range of behavioral health and wellness topics including anxiety, stress, depression, substance use, sleep, relationships, grief, mindfulness and more. The redesigned experience features a cleaner layout, simpler navigation and more conversational language, making it easier for users to find a helpful next step without feeling overwhelmed.

“Behavioral Health 360 is designed to meet people wherever they are, whether they are looking for a quick way to manage stress, want to learn more about anxiety, depression or substance use, or are ready to connect with professional support in Kane County,” said Michael Isaacson, Executive Director of the Kane County Health Department. “This redesign makes those resources easier to navigate while giving residents more opportunities to personalize the experience to their individual needs.”

Residents can use Behavioral Health 360 anonymously without creating an account. However, users who create a free account can receive a more personalized experience based on their interests and needs, including assessments that help them track their mental health and well-being over time. A few optional questions help guide users toward relevant content and recommendations, rather than requiring them to sort through a large library of resources.

Creating an account also allows users to return regularly for daily check-ins, helping them reflect on how they are feeling and discover resources matched to their current needs. Personalized pathways provide an ongoing place to return to, with supportive content and suggested next steps that remain optional and user-directed.

The updated Behavioral Health 360 continues to include assessments, educational content, short practices and pathways to professional support. Whether someone is experiencing everyday stress, struggling with sleep, concerned about substance use, coping with grief or looking for ways to improve their overall well-being, the site can help connect them with resources that fit their needs. Users may choose something as simple as a two-minute practice or explore additional support when they are ready. The redesigned platform is intended to guide users toward a clear, personalized next step while allowing them to remain in control of their experience.

The platform also emphasizes privacy and trust. Residents can explore anonymously, resources are reviewed for quality and evidence, and recommendations are not influenced by paid or sponsored content. Crisis support also remains readily accessible, including information to call or text 988 for immediate help.

Explore the redesigned Behavioral Health 360:

kanehealth.crediblemind.com