

Care Solace



A SIMPLE, FAST AND SAFE
TOOL FOR DRUG AND
MENTAL HEALTH HELP.
THE MOST TRUSTED
COMMUNITY OF CARE.

Dear Families,

The National School District fosters a culture that promotes the health, safety, and well-being of students, staff, and parents. In an effort to continuously support this commitment, the District has approved an agreement with Care Solace to provide you with a 24/7 online concierge resource at **no cost**. Care Solace is meant to assist individuals in finding local mental health related programs and counseling services. Care Solace is ready to assist you **NOW!**

School District Staff and NSD Families may access Care Solace services in two ways:

- 1) Call (888) 515-0595 to speak with someone from your Concierge Team.
 - Representatives are ready to take your call or email 24/7.
- 2) Visit our custom district link: www.caresolace.com/nsdfamilies
 - Answer ten easy questions to receive a list of referrals to applicable care providers.

Please note, this service is an optional resource available by choice and is not mandatory in any way. Care Solace is not a crisis hotline, please call 911 for crisis/emergency.

Queridas familias,

El Distrito Escolar Nacional fomenta una cultura que promueve la salud, la seguridad y el bienestar de los estudiantes, el personal y los padres. En un esfuerzo por apoyar continuamente este compromiso, el Distrito ha aprobado un acuerdo con Care Solace para proporcionarle un recurso de conserjería en línea las 24 horas, los 7 días de la semana **sin costo** alguno. Care Solace está destinado a ayudar a las personas a encontrar programas locales de salud mental y servicios de asesoramiento. ¡Care Solace está listo para ayudarlo **AHORA!**

El personal del distrito escolar y las familias de NSD pueden acceder a los servicios de Care Solace de dos maneras:

- 1) Llame al (888) 515-0595 para hablar con alguien de su equipo de conserjería.
 - Los representantes están listos para atender su llamada o correo electrónico 24/7.
- 2) Visite nuestro enlace de distrito personalizado: www.caresolace.com/nsdfamilies
 - Responda diez preguntas fáciles para recibir una lista de referencias a los proveedores de atención correspondientes.

Tenga en cuenta que este servicio es un recurso opcional disponible por elección y no es obligatorio de ninguna manera. Care Solace no es una línea directa de crisis, llame al 911 para crisis / emergencia.



Chaos to Calm

Care Solace makes it easier for students, staff & their families to connect with mental health care resources and providers in the communities.

Our purpose

To quickly connect communities to reliable, ethical and quality mental health care and recovery services.

Get connected to mental health providers

If you or a family member is experiencing anxiety, stress, depression, substance abuse, or other mental health conditions, use Care Solace for expert help in navigating the mental health care system.

The Care Concierge team can quickly and confidentially find available providers in the community, matched to your specific needs.

Care Solace provides:

- Care Concierge professionals available 24/7 by phone, email, text or video chat in any language
- A dedicated Care Concierge to support you through the whole process, calling providers on your behalf to determine a fit
- Help with private insurance, Medi-Cal, and no insurance
- Care Solace services come at no cost to you or your family
- Completely confidential support; Care Solace will not share your information without your permission
- In-person, online, or teletherapy options
- Appointment coordination for students, staff, and their families

Contact Care Solace 24/7

888-515-0595

caresolace.com/nsdfamilies

to start an anonymous search

Please note, Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, please call 9-1-1 or the National Suicide Hotline 1-800-273-8255.

