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Hello NMRSD Staff,

I am pleased to announce that the district has again partnered with Care Solace to provide an additional layer of care for our community.

Care Solace helps individuals find mental health care providers and substance use treatment centers. Their *Care Companion* team is available 24 hours per day/7 days per week to quickly connect you to carefully verified providers in our community. This referral service is available to all employees who work in or residents (regardless of age) of Ashby, Pepperell and Townsend.

Students, staff, and families may access Care Solace services in two ways:

- **Call (888) 515-0595** at any time. Support is available in 200+ languages. A dedicated Care Companion™ will help you every step of the way to research options, secure appointments, and follow up to make sure it is a good fit.
- For an anonymous search, answer a few questions to get matched with an extensive list of care providers at caresolace.com/nmrsd

Care Solace is available for use **at no cost to you**. They will connect you with providers accepting all medical insurances including Medicaid, Medicare, and sliding scale options for those without insurance. All information entered on the Care Solace tool is completely confidential and securely stored.

Please note, this service is an optional resource available by choice and is not mandatory to use. Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, please call 911 or the National Suicide Hotline 1-800-273-8255.

If you are interested in counseling-related services for your child, yourself, or another family member, please contact Care Solace for valuable assistance. This is a complimentary resource provided by the district.

Thank you