

Staff Wellness Program

Dear Staff,

You are busy helping students and families everyday, and it's easy to overlook your own needs in the process of providing support. Your district has partnered with Care Solace to ease the burden of connecting you and your loved ones to care – so you can focus on your meaningful work at school.

Care Solace's services are easy to access, confidential and available at no cost to you.

How it works:

Call us or visit Care Match®

Our multilingual team is available 24/7/365 to help connect you to available providers. You can also search the Care Match website on your own anonymously, from the navigation in your Care Loop account.

Complete a brief screening

Once you connect with us, we'll ask you a few quick questions so we can better understand what you're looking for.

Get matched & book an appointment

Our team will work to find providers matched to your needs. Once identified, we'll present options and can assist with booking your appointment.

If you have a life-threatening emergency, please call 911 or the Suicide and Crisis Lifeline at 988. Care Solace is not an emergency response service or mental health services provider.

**Call (888) 515-0595
or visit
[caresolace.com/
hsd-k12](https://caresolace.com/hsd-k12)**



care-solace.

