Dear students and families,

When you or a family member needs help, it's hard to know where to turn. In an effort to ease the burden of finding the mental health and substance use services you need, we have partnered with Care Solace, your central hub of care.

With a network of over 700,000 providers and services, Care Solace will help you find the right help at the right time, 24/7/365, 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.

You can access Care Solace services in three ways:

- Call 888-515-0595 at any time. Multilingual support is available 24/7/365. 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.
- Search anonymously to get matched with an extensive list of care providers at caresolace.com/**lebanon**
- Contact your school health professional, and they will submit a referral on your behalf.

Scan to save Care Solace's number

No matter what you're experiencing, **there is hope and help**. We are confident that our new partnership with Care Solace will help us build a healthier, more vibrant school community.

If you have a life-threatening emergency, please call 9-1-1 or The Suicide and Crisis Lifeline at 9-8-8. Care Solace is not an emergency response service or mental health services provider.