

# STAFF WELLNESS PROGRAM



**DEAR STAFF,**

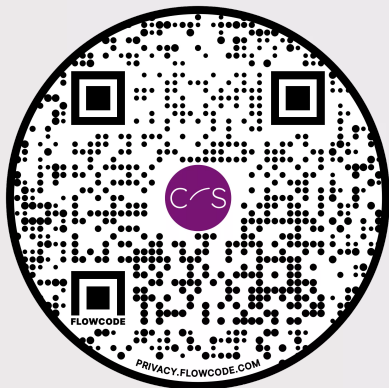
We care about your well-being and partnered with Care Solace, a mental health care coordination service, to help you and your family connect to quality care. This is a free resource for you and your family paid for and provided by Mechanicville City School District.

If you are looking for help with mental health or substance use, Care Solace will quickly and confidentially find available providers matched to your needs.

care/solace

888-515-0595

caresolace.com/  
mechanicville



## **COMPLETE SUPPORT**

A multilingual team is available 24/7/365 to help you understand options, call providers on your behalf, and schedule an appointment.



## **PERSONALIZED CARE**

Connect to providers matched to your needs and find in-person, teletherapy, and residential options.



## **EASY ACCESS TO CARE**

Use Care Match, a self-serve website, to find a provider on your own.

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