

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](https://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 9-8-8.