



GROTON-DUNSTABLE REGIONAL SCHOOL DISTRICT

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GDRSD Families, Community, and Staff:

As we begin the 2022-2023 school year, we are proud to announce our partnership with Care Solace, a platform which helps individuals find community-based mental health care and support that they deserve - without the heavy lifting. Our partnership with Care Solace will allow GDRSD community members to connect with a Care Solace Companion who will help individuals find mental health care providers and substance use treatment centers at no cost.

The Care Companions are highly trained, with experience in navigating barriers to accessing mental health care, and are available 24 hours a day, seven days a week, 365 days a year. Care Solace services may be accessed in the following ways:

- Call 888-515-0595 at any time.
- Go to www.caresolace.com/gdrsd at any time.
- Connect with a GDRSD counselor for more information.

Care Solace Companions will assist individuals in connecting with providers who accept their insurance coverage, including private, Medicaid, Medicare, as well as offering a sliding scale option for those without insurance. The Care Solace navigation system taps into a vast database of verified mental healthcare resources. Care Solace is available in over 200 languages and is completely confidential and accessible to all in need of mental health and well-being support.

While Care Solace does not diagnose, assess, or provide treatment, they will quickly connect individuals with licensed professionals who can. Care Solace takes on the lengthy intake process so you don't have to, eliminating a major barrier to receiving the support many individuals need. They will connect with insurance companies and find providers. This platform can also help to coordinate post-hospitalization/stabilization after care so there are no gaps in services.

GDRSD is committed to providing all students, staff, and the community members with multiple pathways to success and looks forward to the support Care Solace will bring to our community. Please note, this service is an optional resource and participation is not mandatory in any way. Care Solace is not an emergency response service - in the event of a life-threatening emergency, please call 9-1-1 or the National Suicide Hotline at 1-800-273-8255.

[About Care Solace – Video \(3:28 minutes\)](#)