#### Eagle Family,

In an effort to heighten the awareness and solidify the support for our school community's well-being and mental health, Johnson County Schools is excited to announce a partnership with Care Solace. This coordination service will assist students, families, and staff in navigating the mental health care system. Whether we deal with everyday stress or life trauma, our physical and mental well-being greatly affects learning and job performance. Our desire is to provide a resource to help guide those in need to qualified providers.

If you, or your family, are searching for help with mental health or substance abuse, please review the attached flier for additional information. Questions may be addressed to our District Counselor Lead, Shawn Castle, or any of our school counselors and psychologists.

#### IT'S OKAY TO ASK FOR HELP



Calming the Chaos of Mental Health Care

their families to care. At no cost to you, Care Solace will quickly and confidentially find available mental health and substance use providers matched to your needs.

Care Solace connects students, staff, and

Find the right help at the right time.



# 24/7/365 MULTILINGUAL SUPPORT

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



#### CARE REGARDLESS OF INSURANCE

Connect to care with any coverage including Medicaid, Medicare, and sliding scale options for those without insurance.



## EASY ACCESS TO CARE

Use Care Match, the selfserve website, to find a provider on your own.

### GET CONNECTED TO CARE TODAY

888-515-0595

caresolace.com/ johnsonk12



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.