



**SAMUELI  
ACADEMY**



## Mental Health Training for Parents

### Topics:

- Promote awareness about mental illness with your children
- Identify risk factors, stressors, and stigma regarding mental illness
- Learn how to access community resources

**Via Zoom**  
**Meeting ID: 845 8366 3232**

### Benefits:

- Building Healthy Communities
- Participants receive a Certificate

Workshop 1: April 5, 2022 6:00 pm -7:30pm

Zoom ID: 845 8366 3232

Workshop 2: April 7, 2022 6:00 pm -7:30pm

Zoom ID: 845 8366 3232

Workshop 3: April 21, 2022 6:00 pm -7:30pm

Zoom ID: 845 8366 3232



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# SUPPORT YOUR FAMILY'S WELL-BEING

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## Dear Families,

We are committed to the well-being of our students, staff, and families to create a safe and healthy learning environment. In support of our ongoing commitment, we partnered with Care Solace to provide an additional layer of care for our community.

Care Solace helps individuals find mental health care providers and substance use treatment centers. Their Care Companion™ team is available 24 hours per day, 7 days per week, and 365 days per year to quickly connect you to carefully verified providers in your community.

Students, staff, and families may access Care Solace services in two ways:

- Call (888) 515-0595 at any time. Support is available in 200+ languages. 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.
- For an anonymous search, answer a few questions to get matched with an extensive list of care providers at [www.caresolace.com/samueli](http://www.caresolace.com/samueli).

Care Solace is now available for use 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. All information entered on the Care Solace tool is completely confidential and securely stored.

Please note, this service is an optional resource available by choice and is not mandatory to use. Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, please call 9-1-1 or the National Suicide Hotline 1-800-273-8255.

If you are interested in counseling-related services for your child, yourself, or another family member, please contact Care Solace for valuable assistance. This is a complimentary resource provided by **Samueli Academy**.

care/solace.

Calming the Chaos of Mental Health Care