



Excelsior Charter Schools
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HOLIDAY MESSAGE TO STUDENTS:

We hope that last week you were able to get a true break from school to rest, restore and safely connect with your loved ones. With finals and winter break approaching, this time of the school can be a stressful time for many students. We expect that with the unprecedented challenges of 2020, that more of us may need help.

Whatever you are managing; we want you to know that you are not alone. Help is available for you, your friends and your families. If you or someone you know needs help, please reach out to one of the resources below.

DURING SCHOOL:

You can access help by visiting <https://www.caresolace.com/site/excelsior/>

IN THE COMMUNITY:

If you or someone you know wants help with their mental health outside of school, Excelsior Charter Schools has a service to anonymously find therapists or substance use treatment matched to your needs regardless of circumstances. Students, staff and their families looking for community mental health services, can use Care Solace, a complimentary and confidential service provided by our district. Care Solace will help you quickly find available therapists or substance use treatment programs matched to your needs regardless of circumstances and support you through the whole process of connecting to a mental health provider in our community.

- Call 888-515-0595, any time 7 days a week
- Visit <https://www.caresolace.com/site/excelsior/> and either search on your own, OR click “Book Appointment” for assistance by video chat, email, or phone.
- Email weserve@caresolace.org with the following information: Your name and contact information (cell phone number), Your preferred language, A good time for Care Solace to contact you

IN AN EMERGENCY

- Call 911 or request a Crisis Intervention Trained (C.I.T.) response
- Go to the closest emergency room for support
- Text “Hello” or “Home” to 741741 to connect with support
- Call the National Suicide Prevention Lifeline at 1-800-273-8255
 - ENGLISH: 800-273-TALK
 - Español: 888-628-9454
 - TTY: 800-799-4889
 - Online chat: suicidepreventionlifeline.org
 - Trevor Lifeline LGBTQ+ Crisis Support: 1-866-488-7386

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