



October 27th, 2023

Walton-Verona Families:

One of the few positive outcomes of the COVID pandemic is that, to a large extent, mental health issues have been, at least partially, destigmatized. More than ever, individuals of all ages recognize the need for mental health support, including ongoing therapy, family counseling, or substance abuse services.

I am pleased to announce that to provide mental health support for our students, staff, and families, the Walton-Verona Independent School District has partnered with Care Solace. When you or your child need help, it's hard to know where to turn. To ease the burden of finding mental health or substance abuse services you need, we have partnered with Care Solace, your central hub of care.

With a network of over 350,000 providers and services, Care Solace will help you find the right help at the right time, 24/7/365, at no cost. They will contact you with providers accepting all medical insurances, including Medicaid, and sliding scale options for those without insurance.

You can access Care Solace services in four ways:

- Click on the Care Solace icon on our district webpage to contact a provider that will meet your needs.
- Call 888-515-0595 at any time. Multilingual support is available 24/7/365. A dedicated care Companion will help you every step of the way to research options, secure appointments, and follow up to ensure it is a good fit.
- Search anonymously to get matched with an extensive list of care providers at carecolace.com
- Contact your school counselor/psychologist, and they will submit a referral on your behalf.

No matter what you're experiencing, there is hope and help. Our new partnership with Care Solace will help us build a healthier, more vibrant school community.

If you have a life-threatening emergency, please call 9-1-1 or The Suicide and Crisis Lifeline at 9-8-8. Care Solace is not an emergency response service or mental health services provider.

With Bearcat Pride,

Dr. Matt Baker
Superintendent