



Upland Unified School District
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Nancy Kelly, Ed.D., Superintendent of Schools

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Coronavirus (COVID-19) Communication #13

May 8, 2020

Dear Upland Unified Families and Staff,

We hope this email finds you safe and well.

May is Mental Health Awareness Month and we know that mental health problems can be very common. An estimated 50% of all Americans will experience a mental health challenge at some point in their lifetime. During this time of great uncertainty regarding COVID19, we understand that you, your children, or family members may experience mental health issues including stress, anxiety, or depression.

As a district, we seek to foster a culture that promotes the health, safety, and well-being for all of our students, families and staff. In an effort to continuously support this commitment, we have partnered with Care Solace, an online web-based resource system with a live 24/7 concierge service which assists you to connect with local mental health programs and counseling services. They are experts in navigating health insurance, and in assisting to secure timely appointments for virtual therapy sessions with a therapist online.

School district staff and families may access Care Solace services in two ways:

1. **Call (888) 515-0595** to speak with someone from your Concierge team
 - Representatives are standing by to take your call 24/7.
2. Visit our custom district link. **www.caresolace.com/uplandfamilies**
 - You will be asked to answer a few easy questions to receive an extensive list of referrals to applicable care providers. Care Solace takes into account all types of insurance including Medi-Cal, Medicare, private, and those that have no insurance.

Care Solace is now available for use by district students, families, and staff **at no cost**. Care Solace does not require a name, address, phone number, or date of birth. 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. If you are interested in seeking counseling-related services at this time, please consider visiting **www.caresolace.com/uplandfamilies**.

Warmest regards,

Dr. Kelly

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Nancy Kelly, Ed.D.

Superintendent of Schools
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Every Single Student...
Every Single Day