



Chances are that you know someone who is struggling with their mental health. People experiencing mental health challenges aren't broken — they need support and care. And that begins with a conversation.

This month we have an opportunity to break the stigma around mental health by talking openly, compassionately, and kindly to each other. No one should ever struggle alone.

If you want to quickly be connected to a mental health care provider, contact Care Solace, a complimentary and confidential mental health care coordination service provided by Lexington-Richland School District 5:

- Call 888-515-0595. Multilingual support is available 24/7/365.
- Visit www.caresolace.com/lexrich5 and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.

Don't hesitate to ask for help, use the resources around you, and never give up hope.