



Family Resources

Connect and Explore Tools for Well Being for you and
your family

❖ [Care Solace](#)

➤ [CareSolace.com/RUSDFamilies](https://www.caresolace.com/RUSDFamilies)

❖ [RUSD Virtual Wellness Center](#)

➤ bit.ly/virtualwellnesscenterrusd

❖ [Wellness Tools for Students and Families](#)

➤ bit.ly/sapwellness

❖ [RUSD At Home Learning Opportunities](#)

➤ <https://sites.google.com/riversideunified.org/rusd-remote-learning/families/family-webinars>

Hotlines & Crisis Resources

Riverside County HELpline-open 24 hours: 951.686.HELP (4402)

National Suicide Prevention Lifeline: 800.273.TALK (8255)

Crisis Text Line: Text 'Home' to 74174

hildhelp Child Abuse Hotline: 800.4ACHILD