Family Resources

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

❖ **Care Solace**  
  ➢ 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

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**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
childhelp Child Abuse Hotline: 800.4ACHILD