



IT'S OKAY TO SAY "I NEED HELP"

Cassia County School District - Connect

Cassia County School District would like to introduce a new benefit for the students. This benefit is called *Connect*.

Connect is a resource to help address a broad range of personal difficulties that may be causing distress. The benefit provides brief, face-to-face counseling to help resolve such concerns as:

- **Stress/Anxiety/Depression**
- **Personal & Emotional Challenges**
- **Substance Abuse or Other Addictions**
- **Peer Relationships**
- **Grief or Loss**
- **Suicidal Thoughts**
- **Self Esteem**
- **Bullying**

These counseling services are available at no cost and are confidential. Most problems are addressed in just a few sessions over a couple of months. However, some types of problems are not appropriately treated by short-term counseling and may require a referral to additional resources, as well as, accessing private insurance or state health resources.

Most services are available by appointment. To receive assistance, simply call 1-800-926-9619 to make an appointment.

Prevention is always the best medicine. If your son or daughter is distressed by any type of life problem, please utilize the expertise made available by this valuable service today.

Warm Regards,

Cassia County School District

*The Connect benefit is offered through a partnership with Blomquist Hale Employee/Student Assistance and private community donations.