



Your Homegrown Healthcare System Alternative

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🌐 ExcelsiorWellness.org

Greetings Spokane Regional Service Area (RSA) Residents,

Excelsior is excited to announce the release of our new **Teen Chat & Text Line**, which is a joint venture between Spokane County Regional Behavioral Health (ASO) and Excelsior Wellness.

The Teen Chat Line is designed to provide support for youth, primarily ages 13-17, who may be experiencing family and relationship issues, behavioral health needs, and/or substance use issues. By texting, calling, or using our chat portal, youth will be connected to a certified peer support specialist who has lived experience as well as access to other professional providers and resources.

The line is now open to receive texts and calls. The number is **844-814-TEEN (8336)**.

We are sending this initial notification so that your district is aware of this available resource for students. We will be following up with more comprehensive marketing materials in the coming weeks to share with youth and staff. Please let us know if there are specific individuals you would like Excelsior to communicate with. If you have further questions in the interim, feel free to reach out to me at the email address below.

Thank you, and we look forward to providing this important service to your students.

Sincerely,

A handwritten signature in black ink, appearing to read 'Mike Grundy', is written over a faint, larger version of the signature.

Mike Grundy
VP of Business

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**Funding and Partnership
Provided by Spokane County**

