

# IT'S OKAY TO ASK FOR HELP



Calming the Chaos of  
Mental Health Care.

Care Solace connects students, staff, and their families to care. At no cost to you, Care Solace will quickly and confidentially find available mental health and substance use providers matched to your needs.

Find the right help at the right time.



## 24/7/365 MULTILINGUAL SUPPORT

A multilingual team is available 24/7/365 to help you understand options, call providers on your behalf, and schedule an appointment.



## CARE REGARDLESS OF INSURANCE

Connect to care with any coverage including Medicaid, Medicare, and sliding scale options for those without insurance.



## EASY ACCESS TO CARE

Use Care Match, the self-serve website, to find a provider on your own.

**GET CONNECTED  
TO CARE TODAY**

**888-515-0595**

[caresolace.com/ltusd](https://caresolace.com/ltusd)



Please note: Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, call 9-1-1 or the National Suicide Hotline 1-800-273-8255.

# STAFF WELLNESS PROGRAM



**DEAR STAFF,**

We care about your well-being and partnered with Care Solace, a mental health care coordination service, to help you and your family connect to quality care. This is a free resource for you and your family.

If you are looking for help with mental health or substance use, Care Solace will quickly and confidentially find available providers matched to your needs.

care/solace

**888-515-0595**

[caresolace.com/ltusd](https://caresolace.com/ltusd)



## **COMPLETE SUPPORT**

A multilingual team is available 24/7/365 to help you understand options, call providers on your behalf, and schedule an appointment.



## **PERSONALIZED CARE**

Connect to providers matched to your needs and find in-person, teletherapy, and residential options.



## **EASY ACCESS TO CARE**

Use Care Match, a self-serve website, to find a provider on your own.

Please note: Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, call 9-1-1 or the National Suicide Hotline 1-800-273-8255.