

care solace.

# It's okay to ask for help

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 or services 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 9-8-8.

Call (888) 515-0595

or go to

[caresolace.com/](https://caresolace.com/fcsd1)

fcsd1

