

Dear Staff,

We deeply appreciate the way you support our students and families. We realize when it's you or one of your family members who need support, it might be hard to know where to turn. In an effort to ease the burden of finding the mental health and substance use services you need, we've partnered with Care Solace, your new central hub of care.

With a network of over 380,000 providers and services, Care Solace will help you find the right help at the right time, 24/7/365. Care Solace's services are available at no cost to you.

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.

If you have a life-threatening emergency, please call 911 or The Suicide and Crisis Lifeline at 988. Care Solace is not an emergency response service or mental health services provider.

Call (888) 515-0595
or go to
[caresolace.com/
alamedafamilies](https://caresolace.com/alamedafamilies)

