



# Support your family's well-being

---

## Dear Families,

When you or a family member needs help, it's 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 have partnered with Care Solace, your central hub of care.

With a network of over 560,000 providers and services, Care Solace will help you find the right help at the right time, 24/7/365, at no cost to you. They will connect you with providers accepting all medical insurances, including Medicaid, Medicare, and sliding scale options for those without insurance.

You can access Care Solace services in three ways:

- Call 888-515-0595 at any time. Multilingual support is available 24/7/365. A dedicated Care Companion will help you every step of the way to research options, secure appointments, and follow up to make sure it is a good fit.
- Search anonymously to get matched with an extensive list of care providers at [caresolace.com/lakewashingtonsd](https://caresolace.com/lakewashingtonsd)
- Contact your school health professional, and they will submit a referral on your behalf.

No matter what you're experiencing, there is hope and help. We are confident that our new partnership with Care Solace will help us build a healthier, more vibrant school community.

If you have a life-threatening emergency, please call 9-1-1 or The Suicide and Crisis Lifeline at 9-8-8. Care Solace is not an emergency response service or mental health services provider.

care/solace.

# It's okay to ask for help

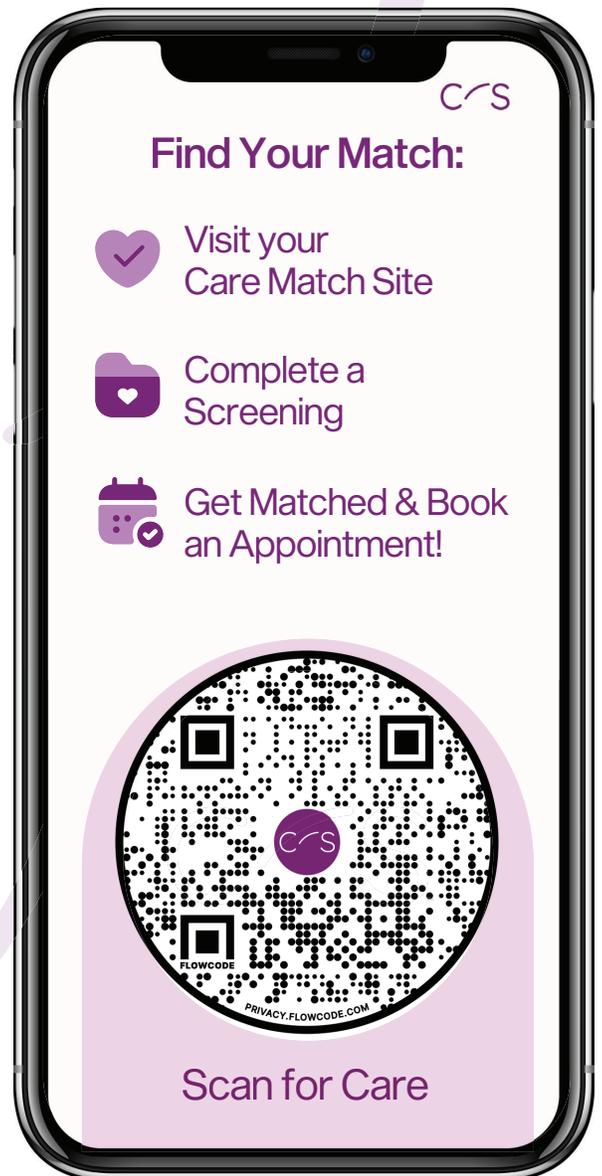


Save our number! (888) 515-0595

Care Solace is a free, confidential service that connects students, staff and their families to mental health providers and substance use treatment matched to their needs – regardless of insurance.

Scan the code or use your link:  
[caresolace.com/lakewashingtonsd](https://caresolace.com/lakewashingtonsd)

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.





# Our goal is to find you available providers matched to your needs. Here is what to expect:

## 1 Step 1: Screening

Consent to use our services, and complete our screening form online or by phone call.  
Save our number: (888) 515-0595.

Be prepared to provide the following information:

- Basic contact information for client and guardian (if applicable)
- Insurance provider and plan
- Brief description of what the client is experiencing
- Type of service desired

Care Solace can connect you with:

- Psychological Assessment
- Individual Therapy
- Psychiatry
- Intervention Services
- Intensive Outpatient Program
- Hospitalization & Stabilization
- Partial Hospitalization Program
- Residential Inpatient Program
- Medical Detox
- Applied Behavioral Analysis Assessment & Treatment

Respond to our communications to help speed up your connection to care.

## 2 Step 2: Matching (this may take several days)

We will:

- Seek out providers on your behalf and keep you updated via text or email along the way
- Call you to present at least two options
- Offer to assist you in scheduling your appointment
- You'll know if it's the right fit, let us know what works or doesn't work based on your unique needs

## 3 Step 3: Check In

We will:

- Touch base after your appointment about your satisfaction with provider match
- If the provider isn't a good match, let us know so we can continue searching
- We will be there to answer questions every step of the way