

# 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.

At no cost to you, Care Solace will find available mental health and substance use providers matched to your needs. Care Solace will help you find the right help at the right time, 24/7/365.

## How it works:

### Call us or visit our website

Use Care Match, the self-serve website, to find a provider or services on your own. Your information is kept confidential.

### Complete a brief screening

Once you connect with us, we'll ask you a few quick questions so we can better understand what you're looking for.

### Get matched & book an appointment

Our team will work to find providers matched to your needs. Once identified, we'll present options and can assist with booking your appointment.

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.

## To self-refer

Call (888) 515-0595

or go to

[caresolace.com/](https://caresolace.com/ccsd1)

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