



ANN ARBOR PUBLIC SCHOOLS
LEAD. CARE. INSPIRE.



It's okay to ask for help.

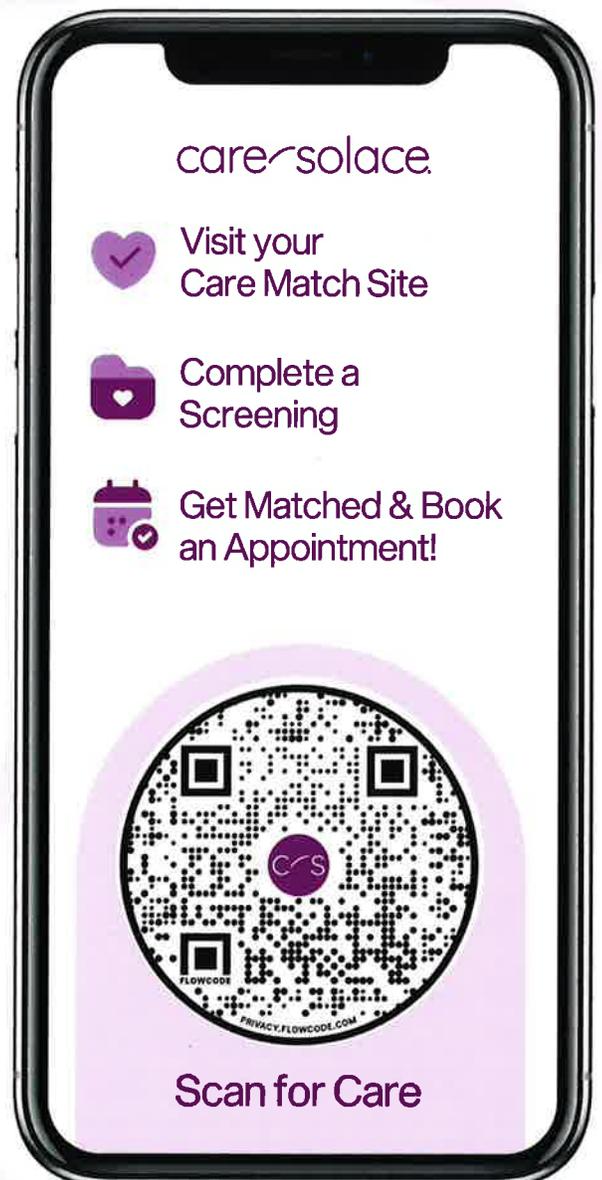


(888) 515-0595

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

Scan the code or use your link:
caresolace.com/aaps

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.



Finding Treatment: What to Expect

Step 1: Save our contact information

Calls: (888) 515-0595 | Texts: (888) 767-2022 (scan code to save)
Look out for our communications and respond promptly. We want to support you however works best for you. Let us know when and how you want us to communicate with you.



Step 2: Complete quick screening

Consent to use our services, and complete a quick screening online or by phone.

Be prepared to provide the following information:

- Basic contact information for individual in need or guardian (if applicable)
- Insurance and plan (if applicable)
- Brief description of what the person in need is experiencing
- Preferences for provider & treatment

We can connect you to the following types of treatment:

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

Step 3: Matching (this may take several days)

NEW! Follow the matching process through your client portal and by text, phone or email if preferred. During this step, we will:

Find providers matched to your needs

Keep you updated according to your preferences (text, phone or email)

Call you to discuss at least two matched providers for you to consider

Offer to assist you in scheduling your appointment

Search for more providers if you would like additional options

Step 4: Check In

We will:

- Call or text after an appointment to see if you are happy with the provider
- Search for more providers if you would like to consider additional options
- Be available if you have questions or need help connecting to care
- TIP: Let us know about any booked appointments or additional needs in one click using your client portal!