

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 and substance use treatment matched to their needs – regardless of insurance.

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

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.

