

# IT'S OKAY TO ASK FOR HELP



Calming the Chaos of  
Mental Health Care

Care Solace connects students, staff, and their families to care. **At no cost to you,** Care Solace will quickly and confidentially find available mental health and substance use providers matched to your needs.

Find the right help at the right time.



## **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 on your own.

**GET CONNECTED  
TO CARE TODAY**

**888-515-0595**

**[caresolace.com/  
fcstn](https://caresolace.com/fcstn)**



Please note: Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, call 9-1-1 or the National Suicide Hotline 1-800-273-8255.