



caresolace.com

# Care Solace



## A Wellness Resource for Families:

SLUSD is partnering with Care Solace, a new resource that makes it easier for families to connect with mental health and wellness resources and providers in the community for **non-school based services** (outside of school). Services can be for parents/guardians or other family members.

For services for your students, reach out to your school's principal.

## Personal Concierge Assistance with:

- Accessing vetted mental health providers
- Discovering virtual therapy options
- Assessing provider availability
- Reducing wait times into care
- Navigating Insurance or no insurance
- Scheduling appointment(s) by phone, email, video chat
- Response time is typically within 15-minutes or less

## Talk to us:

1-888-515-0595

[www.caresolace.com/slusdfamilies](http://www.caresolace.com/slusdfamilies)

Care Solace provides a Concierge Service, where they do the work of finding and connecting you to mental health and wellness providers that speak your language, are specific for the kind of care you are looking for and can accept the kind of insurance you have (Kaiser, MediCAL, Bluecross, Alameda Alliance, etc.). They even make connections when you don't have insurance. The Concierge Service team is available 24/7 and supports families through the entire process of getting connected. They only refer to trusted, ethical providers. The Concierge Service team speaks English, Spanish, Mandarin, Cantonese and Vietnamese. Using Care Solace is CONFIDENTIAL. Access to the Concierge Service team is FREE OF CHARGE.

**\*\* Care Solace is not an emergency response service or mental health services provider. In the event of a life-threatening emergency, please call 9-1-1 or the National Suicide Hotline at 1-800-273- 8255. If you are interested in seeking counseling-related services at this time, please consider visiting [www.caresolace.com/slusdfamilies](http://www.caresolace.com/slusdfamilies).**