

# 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.



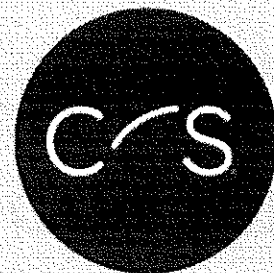
## **EASY ACCESS TO CARE**

Use Care Match, the self-serve website, to find a provider on your own.

**GET CONNECTED  
TO CARE TODAY**

**888-515-0595**

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



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 9-8-8.

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# SUPPORT YOUR FAMILY'S WELL-BEING

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**Dear Families,**

We are committed to the well-being of our students, staff, and families to create a safe and healthy learning environment. In support of our ongoing commitment, we partnered with Care Solace to provide an additional layer of care for our community.

Care Solace helps individuals find mental health care providers and substance use treatment centers. Their Care Companion™ team is available 24 hours per day, 7 days per week, and 365 days per year to quickly connect you to carefully verified providers in your community.

Students, staff, and families may access Care Solace services in two ways:

- Call (888) 515-0595 at any time. Support is available in 200+ languages. A dedicated Care Companion™ will help you every step of the way to research options, secure appointments, and follow up to make sure it is a good fit.
- For an anonymous search, answer a few questions to get matched with an extensive list of care providers at [www.caresolace.com/abingtonps](http://www.caresolace.com/abingtonps).

Care Solace is now available for use at no cost to you. They will connect you with providers accepting all medical insurances including Medicaid, Medicare, and sliding scale options for those without insurance. All information entered on the Care Solace tool is completely confidential and securely stored.

Please note, this service is an optional resource available by choice and is not mandatory to use. 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 9-8-8.

If you are interested in counseling-related services for your child, yourself, or another family member, please contact Care Solace for valuable assistance. This is a complimentary resource provided by **Abington Public Schools**.

care solace.