

## STAFF WELLNESS PROGRAM

Care Solace makes it easier for staff and their families to connect with mental healthcare resources and providers in their communities.

### OUR PURPOSE

To connect communities to reliable, ethical and high-quality mental healthcare services.

Care Solace makes it easier for staff and their families to connect with mental healthcare resources and providers in their communities. This service is completely confidential and anonymous.

### CARE CONCIERGE BY CARE SOLACE

The Care Concierge takes the stress off district staff by breaking down the barriers to mental healthcare. Care Solace is a resource available to district families and staff for free.

This 24/7 team of care coordinating experts guides and supports families throughout the entire process. We only refer to trusted and ethical providers. The team speaks English, Spanish, Mandarin, Cantonese and Vietnamese.

### 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 an appointment(s)
- Phone, email, video chat
- Response time is typically within 15-minutes or less

### TALK TO US

1-888-515-0595

[weserve@caresolace.org](mailto:weserve@caresolace.org)

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

Please note, 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 1-800-273-8255.

