

It's okay
to ask
for
help.



Calming the Chaos of
Mental Health Care.

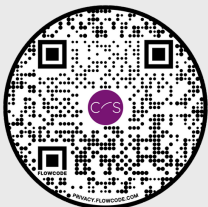
Care Solace connects students, school staff, and families to care. At no cost to you, Care Solace will quickly and confidentially find available mental health and substance use providers matched to your needs.

Find the right help at the right time.

GET CONNECTED TO CARE TODAY

888-515-0595

[caresolace.com/
gbsd](https://caresolace.com/gbsd)



24/7/365 MULTILINGUAL SUPPORT

A Care Companion 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.