

Dear Staff,

We deeply appreciate the way you support our students and families. We realize when it's you or one of your family members who need support, it might be hard to know where to turn. In an effort to ease the burden of finding the mental health and substance use services you need, we've partnered with Care Solace, your new central hub of care.

With a network of over 380,000 providers and services, Care Solace will help you find the right help at the right time, 24/7/365. Care Solace's services are available at no cost to you.

How it works:

Call us or visit our website

Our multilingual team is available 24/7/365 to help connect you to available providers. You can also search the Care Match™ website on your own anonymously.

Complete a brief screening

Once you connect with us, we'll ask you a few quick questions so we can better understand what you're looking for.

Get matched & book an appointment

Our team will work to find providers matched to your needs. Once identified, we'll present options and can assist with booking your appointment.

If you have a life-threatening emergency, please call 911 or the Suicide and Crisis Lifeline at 988. Care Solace is not an emergency response service or mental health services provider.



Save our number!

Call (888) 515-0595

or go to

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

