

care✓solace.

It's okay to ask for help.



Call (888) 515-0595

Care Solace is a free, confidential service that connects community members to mental health providers, substance use treatment, and social services matched to their needs.

Scan the code or use your link:
caresolace.com/laUSD

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.

