

## Staff Wellness Program

Care Solace makes it easier for students, staff & their families to connect with mental health care resources and providers in the communities.

### Our purpose

To quickly connect communities to reliable, ethical and quality mental health care and recovery services.

### Get connected to mental health providers

If you or a family member is experiencing anxiety, stress, depression, substance abuse, or other mental health conditions, use Care Solace for expert help in navigating the mental health care system.

The Care Concierge team can quickly and confidentially find available providers in the community, matched to your specific needs.

### Care Solace provides:

- Care Concierge professionals available 24/7 by phone, email, text or video chat in any language
- A dedicated Care Concierge to support you through the whole process, calling providers on your behalf to determine a fit
- Help with private insurance, Medi-Cal, and no insurance
- Care Solace services come at no cost to you or your family
- Completely confidential support; Care Solace will not share your information without your permission
- In-person, online, or teletherapy options
- Appointment coordination for students, staff, and their families

## Contact Care Solace 24/7

**888-515-0595**

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

to start an anonymous search

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.

