

care-solace.

# It's okay to ask for help.



Save our number! (888) 515-0595

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

This service is available through your school district at no cost to you.

To get started, scan the code or visit this link:

**[caresolace.com/lausd](https://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.

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