

# IT'S OKAY TO ASK FOR HELP



Calming the Chaos of  
Mental Health Care

Care Solace connects students, staff, and their 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.



## **24/7/365 MULTILINGUAL SUPPORT**

A multilingual 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.

**GET CONNECTED  
TO CARE TODAY**

**888-515-0595**

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



Sponsored by  
The Wellness Center, Student Counseling Services

Please note: Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, call 9-1-1 or the National Suicide Hotline 9-8-8.