



Our goal is to find you available providers matched to your needs.

Here is what to expect:

Step 1: Screening

Consent to use our services and complete our screening form online or by phone call. Please note: Care Companions will call from (888) 515-0595 or text from (858) 766-2022 during the coordination process. Add these numbers to your favorites on your phone so you don't miss our calls or texts!

Be prepared to provide the following information:

- Basic contact information for client and guardian (if applicable)
- Insurance provider and plan
- Brief description of what client is experiencing
- Type of service desired*

Care Solace can connect you with:

- Psychological Assessment
- Individual Therapy
- Psychiatry
- Intervention Services
- Intensive Outpatient Program
- Hospitalization & Stabilization
- Partial Hospitalization Program
- Residential Inpatient Program
- Medical Detox
- Applied Behavioral Analysis

Tip: Responding quickly to us allows us to connect you to providers significantly faster.

Step 2: Matching (this may take several days)

We will:

- Seek out providers on your behalf and keep you updated via text or email along the way
- Call you to present at least two options
- Offer to assist you in scheduling your appointment

Families have voice and choice. Let us know what is and isn't working for your unique needs.

Step 3: Check In

We will:

- Touch base after your appointment about your satisfaction with the provider match
 - If the provider isn't a good match, let us know so we can continue searching
- Answer questions every step of the way

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.