Start a conversation about mental health – anytime, anywhere

Mental health conditions are common – and people do get better. We make it easy for you to get help wherever you want to begin. From personalized care to self-care tools, we'll help connect you to the support you need.





Primary care

Get 24/7 medical advice by phone – Call 1-866-454-8855 (TTY 711) for medical advice and care guidance 24 hours a day, 7 days a week.

Talk to your primary care doctor – Your doctor can assess your needs and connect you with the right care. Call **1-866-454-8855** (TTY **711**) or visit kp.org/appointments to schedule an in-person, phone,1 or video1 visit.



Specialty care

Meet with a mental health professional -Work with a clinician to create a care plan tailored to your individual needs. Visit kp.org/mentalhealthservices to find the phone number for your local mental health department.

Get treated for substance use disorder – If you or someone you love is struggling with alcohol or drugs, we can help. Talk to your doctor or visit kp.org/addiction.



亞 Emergency care

If you're having a medical or mental health emergency, call 911 or go to the nearest emergency department. For the complete definition of an emergency medical condition, please refer to your Evidence of Coverage or other coverage documents.



Wellness resources

Take part in healthy lifestyle programs – Find advice and tools that can help you create healthier daily habits.² Visit kp.org/healthylifestyles.

Talk to a wellness coach - Partner with a wellness coach on a personalized plan to eat healthier, quit smoking, or increase activity.² Visit kp.org/wellnesscoach.

Try self-care apps for emotional wellness -Get help with anxiety, stress, sleep, relationships, and more - 24/7, at no cost to Kaiser Permanente members.3 Learn more and get started at kp.org/selfcareapps.

Join an in-person or virtual support group or **class**⁴ – Connect with others dealing with similar challenges. Visit kp.org/classes.

Connect to community resources – Community resource partners can help with the essentials of good health like food, housing, and finances. Visit kp.org/socialhealth.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 2715 Naches Ave. SW, Renton, WA 98057



^{1.} When appropriate and available. 2. The services described above aren't covered under your health plan benefits and aren't subject to the terms set forth in your Evidence of Coverage or other plan documents. These services may be discontinued at any time without notice. 3. The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your Evidence of Coverage or other plan documents. The apps and services may be discontinued at any time. 4. Classes vary by location. Some classes may require a fee.