



Call us anytime

Call **1-800-900-3277** (TTY **711**), 24 hours a day, 7 days a week, for support in English and other languages at no cost. We can help you access crisis intervention and guidance, get referrals, and connect to many other resources.

For emergency care

If you think you have a medical or psychiatric emergency, call 911 or go to the nearest hospital.³

Many ways to get care

Whether you need help with depression, stress, or addiction issues, you can connect with a mental health professional when and where it works for you.



24/7 advice: Support from an on-call care specialist when you call our appointment and advice line



Video visit: Face-to-face care from a doctor or nurse on your smartphone or computer¹



E-visit: Online questionnaire to provide a personalized care plan



Phone appointment: High-quality care over the phone – just like an in-person visit¹



Email: A secure way to get care by messaging your doctor's office with nonurgent health questions

No matter how you reach out, you'll get support from a care team that can view your medical history and connect you to the right care.

Self-care at your fingertips

It's common to struggle with everyday life sometimes. These wellness apps can help you with stress, sleep, depression, and more.^{4,5}



Ease your mind with **Calm**, the number one app for meditation, relaxation, and sleep.⁶



Try personalized programs from **myStrength** to help manage depression, stress, anxiety, and more.



Get 1-on-1 emotional support coaching and self-care activities from **Headspace Care** to help with many common challenges.^{7,8}



To download the apps at no additional cost, visit kp.org/selfcareapps.

Caring for the whole you



Mental health and addiction care services

- Adult mental health
- Child and adolescent mental health
- Addiction and recovery
- Emotional wellness

Learn more at kp.org/mentalhealth



Mental health care goes hand-in-hand with all the care we provide.

✓ Primary care

Talk to your primary care doctor about any mental health issues, anytime. They'll do mental health and substance use screenings and help you with next steps.

✓ Specialty care

Call us to make an appointment with a Kaiser Permanente mental health care professional – no referral needed. And if you're already getting care through a specialty or emergency department, your care team can connect you to the right resources.

✓ Self-care and wellness resources

You have access to many tools including self-care apps at no cost, wellness coaching, and classes.² You can also take a self-assessment at kp.org/mentalhealth, join webinars on mindfulness, and more.



Connected care

Your entire Kaiser Permanente care team is connected to each other, and to you, through your electronic health record. So, it's easy for our doctors to consult with one another about your care. Our team includes many health professionals to support you:

- Addiction medicine specialists
- Behavioral medicine specialists
- Case managers
- Licensed clinical social workers
- Licensed marriage and family therapists
- Psychiatrists
- Psychologists
- Primary and specialty care doctors



Common conditions

We provide assessment and treatment for a variety of mental, emotional, and substance use conditions, including but not limited to:

- Anxiety and stress
- Attention deficit hyperactivity disorder (ADHD)
- Autism spectrum disorders
- Bipolar disorder
- Depression
- Eating disorders
- Obsessive-compulsive disorder (OCD)
- Personality disorders
- Postpartum depression
- Post-traumatic stress disorder (PTSD)
- Schizophrenia
- Sleep problems
- Substance use disorders and addiction



Support and resources

You can count on us to help guide you throughout your journey with a wide range of treatment options, most available in English and Spanish. These include but aren't limited to:

- Classes and webinars²
- Digital self-help tools
- Healthy lifestyle programs
- Integration with primary care
- Intensive outpatient services
- Inpatient services
- Outpatient services
- Preventive care
- Recovery and social support
- Wellness apps
- Wellness coaching (English only)

1. When appropriate and available. 2. Some members may have to pay a fee for certain classes. 3. If you believe you have an emergency medical condition, call 911 or go to the nearest hospital. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage* or other coverage documents. 4. 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. 5. Calm and myStrength can be used by members 13 and over. The Headspace Care app and services are not available to any members under 18 years old. 6. Calm is the number one app for sleep, meditation, and relaxation. Learn more at calm.com/blog/about. 7. Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Headspace Care app and services. The Headspace Care app and services are not available to anyone enrolled in a Fee-for-Service Medicaid program. 8. Eligible Kaiser Permanente members can text with a coach using the Headspace Care app for 90 days per year. After the 90 days, members can continue to access the other services available on the Headspace Care app for the remainder of the year at no cost.

Learn more at kp.org/mentalhealth