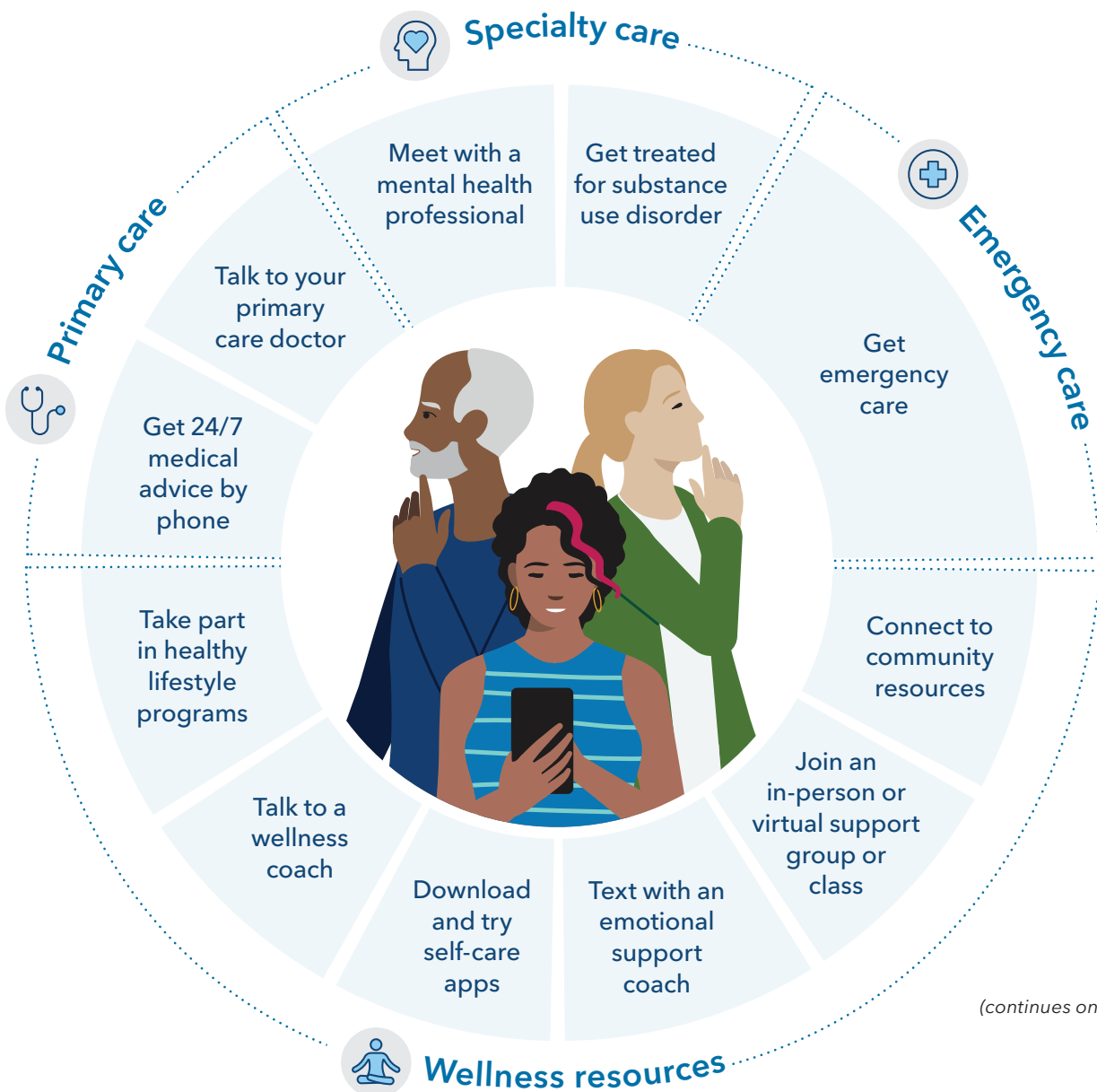


# Start a conversation about mental health – anytime, anywhere

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.



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## 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](https://kp.org/appointments) to schedule an in-person, phone,<sup>1</sup> or video<sup>1</sup> 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](https://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](https://kp.org/addiction).



## 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.<sup>2</sup> Visit [kp.org/healthylifestyles](https://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.<sup>2</sup> Visit [kp.org/wellnesscoach](https://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.<sup>3</sup> Learn more and get started at [kp.org/selfcareapps](https://kp.org/selfcareapps).

**Join an in-person or virtual support group or class<sup>4</sup>** – Connect with others dealing with similar challenges. Visit [kp.org/classes](https://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](https://kp.org/socialhealth).

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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.

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