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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Learn more at **kp.org/mentalhealth**

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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** to schedule an in-person, phone,[1] or video[1] 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**.

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[2]

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

Try self-care apps – Download self-care apps like Calm and myStrength for help with sleep, stress, anxiety, and more.[3,4,5] Visit **kp.org/selfcareapps**.

Text with an emotional support coach 24/7 – The Ginger app offers one-on-one coaching by text and self-care activities to help with many common challenges.[3,4,5,6,7] Visit **kp.org/coachingapps**.

Join an in-person or virtual support group or class[8] **–** 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, finances, and transportation needs. Visit **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.** The apps and services are neither offered nor guaranteed under contract with the FEHB Program, but are made available to enrollees and family members who become members of Kaiser Permanente. **5.** Calm and myStrength can be used by members 13 and over. The Ginger app and services are not available to any members under 18 years old. **6.** Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Ginger app and services. The Ginger app and services are not available to anyone enrolled in a fee-for-service Medicaid program. **7.** Eligible Kaiser Permanente members can text with a coach using the Ginger app for 90 days per year. After the 90 days, members can continue to access the other services available on the Ginger app for the remainder of the year at no cost. **8.** 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., 1300 SW 27th St., Renton, WA 98057

Learn more at **kp.org/mentalhealth**

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