



Caring for the whole you

At Kaiser Permanente, mental health care goes hand in hand with all the care we provide so it's easier to get the right kind of care for all that is you.

Care that's connected

Everyone's mental health and wellness journey is different. We're here to make sure it's easy to get started. You can talk to your primary care doctor about your mental health issues anytime. Or we can connect you to a broad range of mental health or addiction care professionals during any other visit. No referrals needed.

Because our doctors are connected to your electronic health record, it's easy for them to consult with one another and help you get personalized care based on your unique needs and goals.

Care that fits your needs



Get care 24/7 from a mental health professional by phone or video¹



Visit us in person for 1-on-1 or group care, therapy, and classes²



Assess symptoms and email your doctor's office with nonurgent health questions, anytime at kp.org

Self-care at your fingertips

You can count on us to help support you with classes, programs, and more.² And as a member, you'll have access to self-care apps at no cost.³

Calm

Ease your mind with Calm, the #1 app for meditation, relaxation, and sleep.

 **myStrength.**
by Teladoc Health

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



Scan the QR code or visit live-kp.org/mentalhealth for more information.

¹. When appropriate and available. ². Some classes may require a fee. ³. The services are not covered under your health plan benefits and are not 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.