

# Caring for the whole you

At Kaiser Permanente, mental health care goes hand in hand with all the care we provide.

## ☒ Primary care

As a member, you can talk to your primary care doctor about any mental health issues, anytime. They'll also do mental health and substance use screenings and help you with next steps if you need support.

## ☒ Specialty care

If you're already getting care through a specialty or emergency department, your care team can connect you to the right resources. No referral is needed to make an appointment with a mental health care professional.

## 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.



In person



24/7 advice  
by phone



Phone  
appointment<sup>1</sup>



Email



Video visit<sup>1</sup>



E-visit

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.

*(continues on back)*

## Connect to care that's right for you

Everyone's mental health and wellness journey is different. We're here to help you connect to the right kind of care based on your unique needs and goals.



### Common conditions

We provide assessment and treatment for common conditions, including but not limited to anxiety and stress, addiction, depression, personality and eating disorders, sleep problems, and more.

Learn more at [kp.org/mentalhealth/conditions](https://kp.org/mentalhealth/conditions)



### Support and resources

You can count on us to help support you with a wide range of treatment options including inpatient and outpatient services, recovery and social support, classes, webinars, and more.<sup>2</sup>

Learn more at [kp.org/mentalhealth/resources](https://kp.org/mentalhealth/resources)



### 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

## Self-care and wellness resources at your fingertips

As a member, you'll have access to many tools including self-care apps at no cost, wellness coaching, and classes.<sup>2</sup> These apps can help you with stress, sleep, depression, and more.<sup>3,4,5</sup>



Ease your mind with **Calm**, the #1 app for meditation, relaxation, and sleep.<sup>6</sup>



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



Headspace Care offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges.<sup>7</sup>

**1.** When appropriate and available. **2.** Some classes may require a fee. **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.** 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. **5.** 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. **6.** Calm is the number 1 app for sleep, meditation, and relaxation, with over 100 million downloads and 1.5 million-plus 5-star reviews. Learn more at [calm.com/blog/about](https://calm.com/blog/about). **7.** 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.

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