

Mental Health Training

Resources for Kaiser Permanente's customers and external partners

KP Resources

KP Mental Health	www.kp.org/mentalhealth	KP members do not need a referral for mental health services. Learn about mental health and wellness, take self-assessments, find resources, and make appointments for mental healthcare.
Find Your Words	www.findyourwords.org	Find Your Words provides the words to say, support, and resources to help with common mental health conditions like depression and anxiety. It's a public site available and in both English and Spanish.
KP Self-Care Tools and Apps	www.kpwww.kp.org/selfcare www.kp.org/selfcareapps	Digital self-care tools and apps are available to support KP members with their mental health and well-being. The self-care tools are articles, podcasts and videos in both English and Spanish. In addition, two self-care apps are available at no cost to KP members (such as Calm and MyStrength).

Outside Resources

The National Alliance on Mental Illness (NAMI)	www.nami.org 1-800-950-6264	A nationwide peer support service providing information, education programs, local referral, and hotlines to answer questions regarding mental health conditions. If you want to talk to someone, you can call at no cost.
Mental Health America (MHA)	www.mentalhealthamerica.net	The nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental health conditions — including prevention services, intervention for those at risk, integrated care, and local services and supports for those who need it.
Substance Abuse and Mental Health Services Administration (SAMHSA)	https://www.samhsa.gov/	Part of the US Department of Health and Human Services, SAMHSA is a resource with the mission of reducing the impact of substance abuse and mental illness in America's communities.
Alcoholics Anonymous (AA)	https://www.aa.org/	An international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. Membership is open to anyone who wants to do something about their drinking problem.

Crisis Support

National Suicide Prevention Hotline	www.suicidepreventionlifeline.org 1-800-273-8255	Free and confidential emotional support for people in suicidal crisis or emotional distress. Available 24/7. Staffed by trained crisis workers.
Crisis Text Line	www.crisistextline.org Text "HOME" to 41741	Free text-based crisis support provided by a trained counselor. Available 24/7.