

Mental health and wellness

Caring for the whole you



Health for your mind, body, and spirit

Your mind and body are connected. At Kaiser Permanente, we're committed to helping you achieve and maintain optimal mental, physical, and emotional health.



What are mental health services?

Mental health services include assessment, treatment, and support for a variety of mental and emotional concerns, including but not limited to:

- Attention deficit hyperactivity disorder (ADHD)
- Anxiety disorders including panic and post-traumatic stress
- Mood disorders including depression and bipolar disorder
- Obsessive-compulsive disorder
- Schizophrenia



Help for addiction and recovery

If you're struggling with substance use, you're not alone. Go to kp.org/recovery to understand your options and get the support you need to feel better.



You don't need a referral

You can make an appointment for mental health services without a referral.

Learn more about mental health services and resources available to you at kp.org/mentalhealthservices/nw.



How can we help?

Mental health e-visit

Take an online survey to assess symptoms like stress, depression, and anxiety to get options on next steps. Available on kp.org or on the Kaiser Permanente mobile app.

Schedule a primary care appointment

Schedule online or call **1-800-813-2000 (TTY 711)** to make an appointment with your primary care team or a same- or next-day appointment with a behavioral health consultant. No referral needed.

Schedule a specialty care appointment

Get an evaluation and treatment for conditions that require concentrated, intensive care. Services may include individual office or virtual visits, group therapy, or higher levels of care such as intensive outpatient services.

For mental health or an addiction medicine assessment, call **503-249-3434** or **1-855-632-8280**.

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Talk to your personal doctor

Your personal doctor knows you best – your medical history, preferences, beliefs, and lifestyle. They're trained to diagnose common conditions such as stress, depression, anxiety, and substance use disorder and can connect you to the care that's right for your needs.

Resources for emotional wellness

Self-care resources at kp.org/selfcareapps can help you improve your physical, mental, and emotional well-being at no extra cost to you.^{1,2,3}

- Calm app for meditation, mental resilience, and sleep.
- Headspace Care app to help you cope with some of life's most common challenges – from stress and low mood to issues with work, relationships, and sleep.^{4,5}
- Online self-assessment tools.

For emergency care

If you are experiencing a medical or psychiatric emergency, call **911** or go to the nearest emergency department.

If you need addiction or mental health-related crisis support or are worried about someone else, you can also call or text the National Suicide and Crisis Lifeline at **988** (TTY **711**).

¹The 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.

²The apps and services are neither offered nor guaranteed under contract with the FEHB Program, but are available to enrollees and family members who become members of Kaiser Permanente.

³Calm can be used by members 13 and over. The Headspace Care app and services are not available to any members under 18 years old.

⁴Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Headspace Care app and services.

⁵Eligible 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. Calm, Headspace Care, and myStrength are not available to Kaiser Permanente Dental-only members.