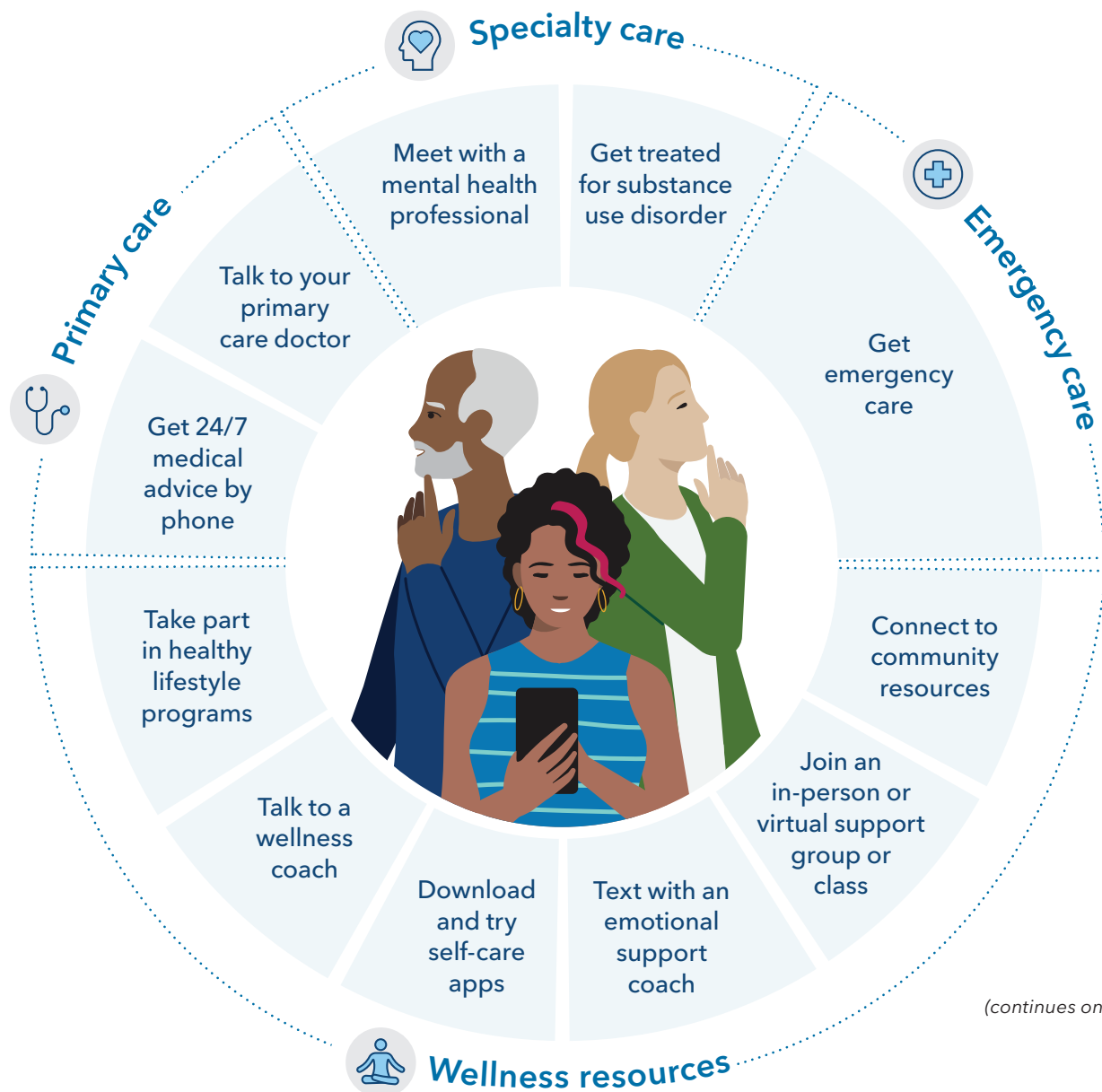


Start a conversation about mental health – anytime, anywhere

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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(continued)



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 video¹ 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

Take part in healthy lifestyle programs – Find advice and tools that can help you create healthier daily habits.² 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.² Visit kp.org/wellnesscoach.

Try self-care apps for emotional wellness – Get help with anxiety, stress, sleep, relationships, and more – 24/7, at no cost to Kaiser Permanente members.³ Learn more and get started at kp.org/selfcareapps.

Join an in-person or virtual support group or class⁴ – 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, and finances. Visit kp.org/socialhealth.

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. 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., 2715 Naches Ave. SW, Renton, WA 98057