These care options are a call or click away.

Call or email your doctor’s office. Or request a nonurgent appointment with your doctor online. You may also be able set up a telephone appointment or meet face-to-face by video on your computer or mobile device.

Make an appointment for therapy or counseling. No referral is needed. Just call your local medical center to schedule an appointment at the mental health, behavioral health, or psychiatry department.

Get care advice 24/7. For the 24/7 phone number in your area, visit kp.org and click “Advice” in the “Find Care” section at the bottom of the page.

Speak with a wellness coach. Work with a personal wellness coach by phone, and explore options for meeting your health goals. Call 1-866-862-4295, Monday–Friday, 7 a.m.–7 p.m.

Take a class.* Choose from health classes and support groups at many of our facilities. Visit kp.org/classes to see what’s available in your area.

*Some classes may require a fee.

Health for your mind, body, and spirit

Your mind and body are connected. And your thoughts, feelings, and actions affect your overall well-being. We’re committed to helping you achieve and maintain optimal mental, physical, and emotional health.

Get help now

1-800-900-3277, 24 hours a day, 7 days a week

Caring providers

Our mental health team is passionate about helping people. All our therapists are licensed by the California Board of Behavioral Sciences or the California Board of Psychology. And all our psychiatrists are medical doctors licensed by the Medical Board of California.

- Psychiatrists
- Addiction medicine physicians
- Psychologists
- Licensed clinical social workers
- Marriage and family therapists
- Medical social workers
- Psychiatric clinical nurse specialists

Services and support

You have a range of therapy and treatment choices. As your partners in care, we’ll help you select the options that are right for you.

- Adult mental health
- Autism assessment centers
- Child and adolescent mental health
- Clinical evaluation
- Counseling and therapy
- Crisis intervention
- Depression and anxiety resources
- Medication management
- Suicide prevention
- Treatment for substance use disorders

Resources

Your care goes beyond therapy, medication, or treatment. You can take advantage of classes* and screening tools to help you keep your mind, body, and spirit in a healthy balance.

- Condition-specific online classes
- Online self-assessment tools
- Personalized mental health and wellness plans
- Support groups
- Trusted online communities
- Wellness coaching for reducing stress
- Podcasts and other resources to help with emotional well-being, resilience, or stress management

Our mental health team is passionate about helping people. All our therapists are licensed by the California Board of Behavioral Sciences or the California Board of Psychology. And all our psychiatrists are medical doctors licensed by the Medical Board of California.

- Psychiatrists
- Addiction medicine physicians
- Psychologists
- Licensed clinical social workers
- Marriage and family therapists
- Medical social workers
- Psychiatric clinical nurse specialists

You have a range of therapy and treatment choices. As your partners in care, we’ll help you select the options that are right for you.

- Adult mental health
- Autism assessment centers
- Child and adolescent mental health
- Clinical evaluation
- Counseling and therapy
- Crisis intervention
- Depression and anxiety resources
- Medication management
- Suicide prevention
- Treatment for substance use disorders

Your care goes beyond therapy, medication, or treatment. You can take advantage of classes* and screening tools to help you keep your mind, body, and spirit in a healthy balance.

- Condition-specific online classes
- Online self-assessment tools
- Personalized mental health and wellness plans
- Support groups
- Trusted online communities
- Wellness coaching for reducing stress
- Podcasts and other resources to help with emotional well-being, resilience, or stress management

*Some classes may require a fee.
For emergency care
If you think you have a medical or psychiatric emergency, call 911 or go to the nearest hospital.*