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.

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

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

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.

Call us anytime

Get help now at **1-800-900-3277,** 24 hours a day, 7 days a week. We can help you access crisis intervention and guidance, get referrals, and connect to many other resources.

For emergency care

If you think you have a medical or psychiatric emergency, call 911 or go to the nearest hospital.*

What are mental health services?

Mental health services include assessment, treatment, and support for a variety of mental, emotional, and substance use conditions.

At Kaiser Permanente, adults, families, teens, and children can get clinical and support services for a wide range of issues, including:

- ADHD
- Anxiety and stress
- Autism spectrum disorders
- Bipolar disorder
- Depression
- Eating disorders
- Obsessive-compulsive disorder
- Sleep problems
- Treatment for substance use disorders

You don't need a referral to see a therapist

You can make an appointment to see a therapist without a referral from your personal doctor. And if you ever want to change your provider, you can switch at any time for any reason.

Kaiser Permanente does not discriminate on the basis of age, race, ethnicity, color, national origin, cultural background, ancestry, religion, sex, gender identity, gender expression, sexual orientation, marital status, physical or mental disability, source of payment, genetic information, citizenship, primary language, or immigration status.

Language assistance is available at no cost to you, 24 hours a day, 7 days a week. You can request interpreter services, materials translated into your language, or in alternative formats. Just call us at **1-800-464-4000,** 24 hours a day, 7 days a week (closed holidays). TTY users call **711.**

Contamos con asistencia de idiomas sin costo alguno para usted 24 horas al día, 7 días a la semana. Puede solicitar los servicios de un intérprete, que los materiales se traduzcan a su idioma o en formatos alternativos. Solo llame al **1-800-788-0616,** 24 horas al día, 7 días a la semana (cerrado los días festivos). Los usuarios de TTY, deben llamar al **711.**

您每週7天，每天24小時均可獲得免費語言協助。您可以申請口譯服務、要求將資料翻譯成您所用語言或轉換為其他格式。我們每週 7 天，每天 24 小時均歡迎您打電話**1-800-757-7585** 前來聯絡（節假日 休息）。聽障及語障專線 (TTY) 使用者請撥 **711**。

All Kaiser Permanente services are confidential. Services vary by region.

*If you reasonably believe you have an emergency medical condition, call **911** or go to the nearest Emergency Department. An emergency medical condition is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage*.

Please recycle. 60681608 October 2017

Caring for the whole you

Mental health and wellness services

Adult mental health
Child and adolescent mental health
Addiction and recovery • Emotional wellness

KAISER PERMANENTE®