

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:

- ADHD
- Anxiety disorders including panic and post-traumatic stress
- Autism
- Mood disorders including depression and bipolar disorder
- Obsessive-compulsive disorder
- Schizophrenia



Help for addiction and recovery

If you're struggling with alcohol or drugs, you're not alone. Go to kp.org/addiction 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 from your personal doctor by calling **1-888-287-2680**.

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



How can we help?

Get help at **1-888-287-2680**, 8 a.m. to 5 p.m., Monday through Friday. We can match you with a mental health specialist in your area or help you find addiction treatment.

Mental health e-visit

Learn about treatment options and getting connected to the right level of care.

Care Chat with a clinician

Our mental health Care Chat is available from 8 a.m. to 7 p.m. Monday through Friday.

Get care advice 24/7

Get help anytime, day or night, at **1-800-297-6877**. A clinician can evaluate your symptoms, provide recommendations about next steps, or page an on-call psychiatrist.

Call or email your doctor's office

If your doctor is at a Kaiser Permanente facility, you can schedule an appointment online or send a nonurgent email to your doctor about your concerns.

Get started at kp.org/getcare or on the Kaiser Permanente Washington mobile app.

(continues on next page)



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 like stress, depression, anxiety, and substance use disorder and can connect you to the care that's right for your needs.



Call for an initial evaluation appointment

To access a master's level clinician who will assess your symptoms and help get you connected with the right level of care or to find addiction treatment, call **1-888-287-2680**, 8 a.m. to 5 p.m., Monday through Friday.

For patients needing a specialty level of care, our health plans include access to Kaiser Permanente specialists and community network providers across the state. Kaiser Permanente Mental Health locations include Everett, Factoria, Olympia, Peninsula, Spokane, Tacoma, and Seattle in the Northgate and Capitol Hill neighborhoods.



Resources for emotional wellness

The self-care resources at kp.org/mentalhealth can help you improve your physical, mental, and emotional well-being at no extra cost to you.

- Calm app for meditation, mental resilience, and sleep*
- myStrength® app to help adult members improve well-being, get better sleep, and boost your mood*
- 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.

*Apps are not intended to replace treatment or advice. The services described above are not covered under your health plan benefits and are not 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.