

Start a conversation about mental health and wellness – anytime, anywhere.



We're committed to helping you be mentally, physically, and emotionally healthy.

That's why we make it easy to connect with care – or start a conversation about your mental health and wellness.

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Explore self-care resources

Explore our online resources to learn more about care options, or find tips and tools.

- **kp.org/mentalhealth**: Learn about mental health and wellness, or substance use services at Kaiser Permanente, including what to expect and how to get care.
- **findyourwords.org**: Learn about depression and find resources to get support for yourself or a loved one.
- **kp.org/healthylifestyles**: Create a personalized action plan to reach your health goals with free healthy lifestyle programs for members 18 years and older.
- **kp.org/stressmanagement**: Get tips to manage stress, try quick exercises to find calm in the moment, or listen to a podcast.

Talk to a wellness coach

Partner with a wellness coach to put a personalized plan in place to eat healthier, reduce stress, or manage your weight. Call **1-866-862-4295** or visit **kp.org/wellnesscoach** to learn more.

Try complementary medicine services

The Kaiser Permanente Centers for Complementary Medicine provide nontraditional treatments, often in addition to standard medical treatments, to address a variety of conditions and improve your overall health and wellness. For information or to make an appointment, call **1-844-800-0788 (TTY 711)** or visit **kpccm.org**.

Get 24/7 medical advice by phone

Call **303-338-4545 (TTY 711)** 24/7 for medical advice and care guidance at no additional cost.

1. These features are available when you receive care at Kaiser Permanente medical offices.

2. Check with your doctor's office to find out if video visits are available to you

Talk to your primary care provider

Your doctor can assess your needs and connect you with the right care, which may include an immediate consultation with a behavioral medicine specialist during your office visit. To connect with a primary care doctor:

- Call **303-338-4545 (TTY 711)** anytime to make an appointment
- Schedule a phone or video visit.^{1,2}
- Email your doctor's office or another provider, at no additional cost, with nonurgent questions

Chat online with a Kaiser Permanente doctor

Get routine and urgent medical advice at no additional cost.

- 7 a.m.-10 p.m., 7 days a week
- Log on to **kp.org**, and click "Start a chat now"
- Sign on to the mobile app, choose "Find Care," then select "Chat with a Doctor"

Access care from a mental health specialist

Kaiser Permanente has expanded our mental health resources to ensure that our members receive the right care at the right time. Access a wide range of mental health and addiction medicine services, including treatment for substance use, eating disorders, and depression, as well as medication evaluation and management, by calling a mental health specialist at our Behavioral Health Access Center at **303-471-7700 (TTY 711)**, Monday through Friday, 8:30 a.m.-5 p.m. Based on your schedule, they will arrange for an initial assessment with someone from our mental health care team or refer you to schedule an appointment with a provider in our expanded affiliate network.

Get urgent mental health care

Contact the Behavioral Health Access Center to be connected with a crisis clinician. Call **303-471-7700** and choose "Urgent."

Get emergency care

If you're having a medical or mental health emergency, call **911** or go to the nearest emergency department.