

# 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:

- Attention deficit hyperactivity disorder (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](https://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**.



#### How can we help?

Get help at **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m. 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.

##### Chat online with a clinician

Our mental health online chat is available Monday through Friday, 8 a.m. to 6 p.m.

##### 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](https://kp.org/getcare) or on the Kaiser Permanente Washington mobile app.

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Learn more about mental health services and resources available to you at [kp.org/mentalhealth](https://kp.org/mentalhealth).

## 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 such as 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 you get connected with the right level of care or find addiction treatment, call **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m.

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, Port Orchard, Spokane (Riverfront), Tacoma Mall Office Building, and Seattle in the Northgate and Capitol Hill neighborhoods.

## Resources for emotional wellness

The self-care resources at [kp.org/mentalhealth](https://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\*
- Ginger app to help you cope with some of life's most common challenges – from stress and low mood to issues with work, relationships, and sleep\*
- myStrength® app to help 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.

If you need addiction or mental health-related crisis support, or are worried about someone else, you can also call or text the National Suicide and Crisis Lifeline at **988** (TTY **711**).

\*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.