

# 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 issues, including:

- Anxiety
- Bipolar disorder
- Depression
- Obsessive-compulsive disorder
- Panic attacks and panic disorders
- Post-traumatic stress disorder
- Schizophrenia



#### 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? Give us a call

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.

If you need help after hours, call our consulting nurse line at **1-800-297-6877**. The nurse can evaluate your symptoms, provide recommendations about next steps, or page an on-call psychiatrist.

#### For emergency care

If you are experiencing a medical or psychiatric emergency, call 911 or go to the nearest emergency department.

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

## 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, and anxiety and can connect you to the care that's right for your needs.

## Call for a first-time specialty appointment

To access a mental health specialist or to find addiction treatment, call **1-888-287-2680**, 8 a.m. to 5 p.m., Monday through Friday.

Our plans include Kaiser Permanente Mental Health locations in Bellevue, Bremerton, Everett, Olympia, Spokane, Tacoma, and in Seattle's Northgate and Capitol Hill neighborhoods and community network providers across the state.

## Resources for emotional wellness

The self-care resources at [kp.org/wa/mhw](https://kp.org/wa/mhw) can help you improve your physical, mental, and emotional well-being at no extra cost to you.

- Wellness coaching for reducing stress and anxiety
- Calm app for meditation, mental resilience, and sleep\*
- myStrength® app to improve awareness and change behaviors\*
- Online self-assessment tools
- Classes for managing conditions like diabetes and heart disease
- Discounts on gym memberships and workout gear

## These care options are a call or a click away

### Call or email your doctor's office

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

### Get care advice 24/7

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

### Talk to a wellness coach

A wellness coach can teach you how to make positive changes in your life. Coaching sessions by phone last about 20 minutes. Call **1-866-862-4295** between 7 a.m. and 7 p.m. Monday through Friday to learn more.

\*Apps are not intended to replace treatment or advice. myStrength® is a wholly owned subsidiary of Livongo Health, Inc. 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.