

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. As the situation around the coronavirus continues to evolve, we are offering our mental health and addiction medicine services over the phone and video.

What are mental health services?

Mental health services include:

- Self-care tips, tools, and activities
- Mental health assessments
- Team-based care through a primary care physician
- Behavioral health consultations
- Skills classes
- Scheduled phone and video visits
- Individual and group therapy over video
- Psychiatric consultations

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.

These care options are a call or a click away



Self-care resources

Visit kp.org/selfcare to explore no-cost tools such as the myStrength app, get tips for your emotional well-being, or take a self-assessment.



Wellness coach

For stress management and life balance issues, call a wellness coach at **503-286-6816** or **1-866-301-3866** (option 2).



Advice line

Call **1-800-813-2000** (TTY **711**) 24/7 to talk to a licensed care provider.

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





Resources for emotional wellness

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

- Digital self-care tools such as the myStrength app
- Wellness coaching for reducing stress and anxiety
- Online self-assessment tools
- Classes for managing conditions like diabetes and heart disease
- Personalized healthy lifestyle programs



How to get care

To make a phone or video appointment with your primary care team or make a same-day appointment with a behavioral health consultant, call **1-800-813-2000**, 24 hours a day, 7 days a week.

To schedule a mental health evaluation over the phone, call **503-249-3434** or **1-855-632-8280**, weekdays, 7 a.m. to 6 p.m.

For psychiatric crisis services, including thoughts of suicide, call us 24/7 at **1-866-453-3932**.

For emergency care

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