

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.

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.

Try self-care apps

Download self-care apps like Calm and myStrength, for help with sleep, stress, anxiety, depression, meditation, resilience, and more.¹ Visit **kp.org/selfcareapps**.

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.

Get 24/7 medical advice by phone

Call **303-338-4545** or **1-800-218-1059** (TTY 711), for 24/7 for medical advice and care guidance.

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.² To connect with a primary care doctor:

- Call **303-338-4545** or **1-800-218-1059** (TTY 711) anytime to make an appointment
- Schedule a phone or video visit^{3,4}
- Email your doctor's office or another provider with nonurgent questions³

Chat online with a Kaiser Permanente mental health specialist

Connect online, in real time for assistance with mental health concerns or conditions.⁴

- Log on to **kp.org**, and click "Chat with KP"
- Sign on to the mobile app, choose "Online Care," then select "Chat with KP"

Meet with a mental health therapist or psychiatrist

Get care for a wide range of mental health and addiction services, including treatment for depression, substance use, eating disorders, medication evaluation and management, and more. For your comfort and convenience, in-person, phone or video visit options are available⁴.

To schedule a mental health appointment online, go to **kp.org/getcare** and follow the prompts in the "Mental Health Services" section. You can also call **303-471-7700** (TTY 711), or toll free at **1-866-359-8299** (TTY 711). Those who live in Southern Colorado can call **1-866-702-9026** (TTY 1-866-835-2755).

Get urgent mental health care

Call **303-338-3900** (TTY 711), Monday through Friday, from 7 a.m. to 7 p.m. to speak to our crisis team. Outside these hours, please call **303-338-4545** (TTY 711) to speak with a member of your Kaiser Permanente care team. Those who live in Southern Colorado can call **1-866-702-9026** (TTY 1-866-835-2755).

Get emergency care

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

1. myStrength® is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc.

2. Where available and appropriate.

3. These features are available when you receive care at Kaiser Permanente medical offices. Check with your doctor's office to find out if video visits are available to you.

4. Chat with a mental health specialist, video, and phone services are offered at no additional cost for most health plans. For these services, some PPO or high deductible health plans are subject to a copayment, coinsurance or deductible first before being provided at no additional cost. Review your Evidence of Coverage, Membership Agreement, or Certificate of Insurance, or call Member Services at **303-338-3800** or **1-800-632-9700** (TTY 711), Monday through Friday, from 8 a.m. to 6 p.m., for your plan details.