

# 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 **1-800-218-1059** (TTY **711**) 24/7 for medical advice and care guidance at no additional cost.

## Talk to your primary care provider

Your doctor can assess your needs and connect you with the right care. Call **1-800-218-1059** (TTY **711**) anytime to make an in-person appointment or schedule a phone or video visit.<sup>1,2</sup> You can also 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"

## Talk to a mental health specialist

Kaiser Permanente provides 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. Beacon Health Options delivers these services for our Southern Colorado members, while collaborating with your primary care doctor for an integrated experience. Behavioral health and chemical dependency/substance abuse outpatient care is provided on a self-referral basis. For help, please call anytime, day or night, at **1-866-702-9026** (TTY **1-866-835-2755**).

## Get urgent mental health care

Contact Beacon Health Options, anytime, day or night at **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. 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