

Start a conversation about mental health and wellness – anytime, anywhere.



Your thoughts and feelings affect your overall well-being.

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.

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 24/7 for medical advice and care guidance at no additional cost.

- Denver Boulder: **303-338-4545**
- Mountain, Northern, and Southern Colorado: **1-800-218-1059**
- (TTY **711**)

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 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 a primary care office visit. Call **303-338-4545 (TTY 711)** anytime to make an in-person appointment or schedule a phone or video visit.^{1,2} You can also email your doctor's office or another provider, at no additional cost, with nonurgent questions.

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, medication evaluation and management, and depression. Call our Behavioral Health Access Center at **303-471-7700 (TTY 711)**, Monday through Friday, 8:30 a.m.-5 p.m. You'll either talk to someone from our mental health care team or schedule an initial assessment. (Note that therapy appointments may be scheduled between 7:00 a.m. to 7:00 p.m., Monday through Friday.)

Get urgent mental health care.

Contact the Behavioral Health Access Center to be connected with a crisis clinician. Call **303-471-7700** and choose "Urgent."

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