

# 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

Find a range of resources – including tools, tips, audio activities, and more – designed to help you thrive in mind, body, and spirit. Visit [kp.org/selfcare](https://kp.org/selfcare).

## Try self-care apps

Download self-care apps like Calm and myStrength, for help with sleep, stress, anxiety, depression, meditation, resilience, and more, at no cost.<sup>1</sup> Visit [kp.org/selfcareapps](https://kp.org/selfcareapps).

## Text with an emotional support coach

The Ginger app offers 1-on-1 support for many common challenges – from anxiety, stress, grief, and low mood to issues with work, relationships, and more. Kaiser Permanente members can use the app for 90 days per year at no cost. Visit [kp.org/coachingapps/co](https://kp.org/coachingapps/co).<sup>2,3</sup>

## Talk to a wellness coach

Partner with a wellness coach to put a personalized plan in place to eat healthier, quit smoking, or manage your weight. Visit [kp.org/wellnesscoach](https://kp.org/wellnesscoach).

## 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.<sup>4</sup>

Call **303-338-4545** or **1-800-218-1059** (TTY 711) or visit [kp.org/appointments](https://kp.org/appointments) to schedule an in-person, phone or video visit.<sup>5,6</sup>

## Chat online with a Kaiser Permanente mental health specialist

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

- Log on to [kp.org](https://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.

Visit [kp.org/getcare](https://kp.org/getcare) to:

- Schedule a phone, video, or in-person visit with a Kaiser Permanente mental health provider.<sup>6</sup>
- Schedule a one-on-one video counseling session with an Amwell mental health therapist.<sup>6</sup>

You can also call **303-471-7700** (TTY 711), or toll free at **1-866-359-8299** (TTY 711). In Southern Colorado, 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. In Southern Colorado, 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. The Ginger coaching services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, 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.

3. The coaching services are not available to any members under 18 years old. The coaching services are neither offered nor guaranteed under contract with the FEHB Program, but are made available to enrollees and family members, aged 18 and older, who become members of Kaiser Permanente. The coaching services are available to members enrolled in the Child Health Plan Plus (CHP+) program who are aged 18 and older. The coaching services are not available to anyone enrolled in the State of Colorado's Fee-for-Service Medicaid program and receiving primary care medical provider services from Kaiser Permanente.

4. Where available and appropriate.

5. These features are available when you receive care at Kaiser Permanente medical offices.

6. 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.