

# Your mind, body, and spirit are all connected

And we're committed to helping you achieve mental, physical, and emotional health. That's why we offer behavioral health services that fit your needs and your life.



## OUTPATIENT SERVICES

Not all care requires a stay in a facility. We'll work with you to choose the options that best meet your needs. Typical services include:

- Clinical evaluation
- Crisis intervention (24/7 access)
- Individual psychotherapy
- Group psychotherapy
- Family therapy
- Behavioral health and wellness classes
- Case management
- Psychopharmacological treatment
- Dual-diagnosis programs
- Electroconvulsive treatment
- Transcranial magnetic stimulation
- Outpatient detoxification

## INTENSIVE OUTPATIENT PROGRAMS

Sometimes, intensive care needs can be met on an outpatient basis at our medical center locations. Typical services include:

- Intensive outpatient programs for adults
- Intensive outpatient programs for adolescents
- Chemical dependency intensive outpatient programs
- Intensive case management



## ACCESS CARE AT YOUR CONVENIENCE

### See a therapist without a referral

You can make an appointment to see a therapist without a referral from your primary care doctor. And if you ever want to change your provider, our care team will assist you in finding the best fit for your needs. To schedule your initial consultation, call **866-530-8778** (TTY **711**).

### Schedule a video visit<sup>1</sup>

Book a video visit online with your behavioral health provider. Routine appointments take place during regular office hours. To set up a video visit, you must be registered on **kp.org** and have a camera-equipped computer or mobile device.

### Call or email your doctor's office

Or request a nonurgent appointment with your doctor online. You may also set up a telephone appointment or meet face-to-face by video on your computer or mobile device.<sup>1,2</sup>

### Get care advice 24/7

Call Member Services at **800-777-7904** (TTY **711**), 24 hours a day, 7 days a week (closed holidays). We can help you access crisis intervention and guidance, get referrals, and connect to many other resources.

### Seek emergency care

If you think you're having a medical or psychiatric emergency, call 911 or go to the nearest hospital.<sup>3</sup>

## INVEST IN YOUR HEALTH WITH WELLNESS RESOURCES

### Wellness coaching

Wellness coaching can get you started on a healthy path—and give you tools, resources, and encouragement to help you:

- Achieve a healthy weight
- Reduce stress
- Become more active
- Stop using tobacco
- Eat healthier

To get started, call **866-862-4295** or visit [kp.org/coaching](https://kp.org/coaching).

### Wellness class

Choose from health classes and support groups at many of our facilities. Visit [kp.org/classes](https://kp.org/classes) to see what's available in your area. Some classes may require a fee.

### [kp.org/selfcare](https://kp.org/selfcare)

Get access to the latest tools and resources available to you at [kp.org/selfcare](https://kp.org/selfcare).

## DIGITAL TOOLS

Support your well-being with these self-care apps:<sup>4</sup>



#### Ginger

Get 24/7, 1-on-1 emotional support for many common challenges: anxiety, stress, work and relationship issues, and more.



#### myStrength

myStrength offers guided programs targeting stress, insomnia, chronic pain, depression, and more, as well as inspirational resources and community support.



#### Calm

Calm can help you relax, sleep, deal with emotions, and learn more about your mental health.

## INPATIENT SERVICES

When you need inpatient care, we'll help find the facility<sup>5</sup> and program that's right for you. Typical services include:

- Crisis evaluation and management
- Inpatient psychiatric hospitalization
- Inpatient detoxification
- Crisis residential/hospital alternative treatment programs

## SUICIDE PREVENTION

Our behavioral health providers and primary care physicians are trained to screen their patients for suicide risk. Because we coordinate care so closely among our providers, we can quickly identify those at risk and get them the care they need right away.

## BEYOND THERAPY, MEDICATION, AND TREATMENT

Take advantage of classes and screening tools to help you keep your mind, body, and spirit in a healthy balance.

- Condition-specific online classes (some may require a fee)
- Online self-assessment tools
- Personalized behavioral health and wellness plans
- Support groups
- Trusted online communities
- Emotional wellness podcasts



## PROVIDERS WHO CARE

Our behavioral health team is passionate about helping people. They include:

- Adult psychiatrists
- Licensed clinical social workers
- Child and adolescent psychiatrists
- Psychiatric clinical nurses
- Addiction medicine physicians
- Substance abuse counselors
- Psychologists
- Health educators

## PRIMARY CARE SETTINGS

You have a range of therapy and treatment choices. As your partners in care, we'll help you select the options that are right for you.

Typical services include:

- Self-care resources
- Medication management
- Health education programs
- Depression screening
- Co-location of services

<sup>1</sup> If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors and health care providers from providing care across state lines. Laws differ by state.

<sup>2</sup> Available if you get care in Kaiser Permanente facilities.

<sup>3</sup> Offered through our premier hospital partners. Kaiser Permanente premier hospitals are independently owned and operated hospitals and are not affiliated entities of Kaiser Permanente. The availability of care and services may be changed at any time.

<sup>4</sup> These apps are not covered under your health plan benefits 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. myStrength is a wholly owned subsidiary of Livongo Health, Inc.

<sup>5</sup> Offered through our premier hospital partners. Kaiser Permanente premier hospitals are independently owned and operated hospitals and are not affiliated entities of Kaiser Permanente.

