

Digital resources and tools

A robust collection of on-demand tools and resources are regularly updated to meet your employees' needs. They can access them anytime at kp.org/mentalhealth.

Understanding mental health

Your employees can learn about common conditions, symptoms, and how they're treated.

Knowing how to get care

From scheduling an appointment to accessing their personalized care plan and beyond, your employees will know what to expect when they need care and how to get started.

Exploring resources

In addition to online activities, mental health assessments, and more, your employees can access community resources for food, housing, and child care at kp.org/socialhealth.

1.5M

page views for
mental health content
on kp.org in 2022



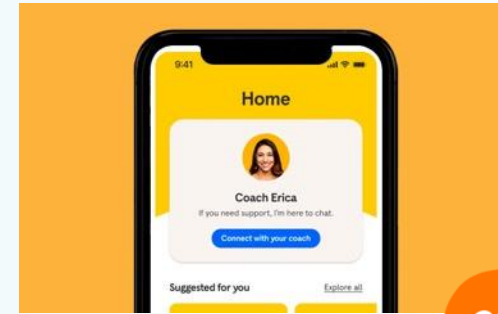
On-demand wellness tools put better health within reach

Employees can use our mental health and wellness self-care apps anytime, anywhere at no cost.*



Calm

The #1 app for meditation and sleep is designed to help lower stress, reduce anxiety, and build resilience.



Headspace Care

One-on-one emotional support coaching by text, self-care activities, and more — available 24/7.

*The apps and services described above are not covered under health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in members' *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time. Calm can be used by members 13 and over. The Headspace Care app and services are not available to any members under 18 years old. Eligible Kaiser Permanente members can text with a coach using the Headspace Care app for 90 days per year. After the 90 days, members can continue to access the other services available on the Headspace Care app for the remainder of the year at no cost.



no cost to members



all devices

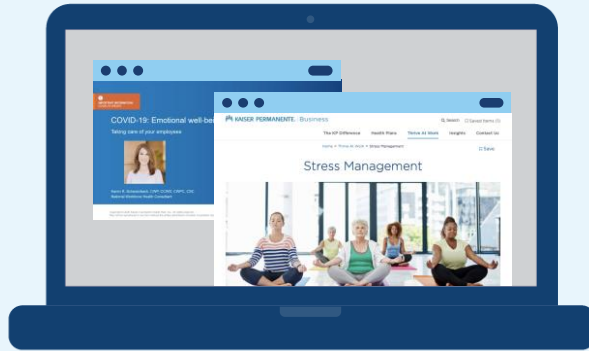


self-care and wellness resources

Total support in one holistic care model

We offer a full range of mental health and addiction care resources for adults, teenagers, and children. No matter where your employees and their families begin their journeys, they'll have easy access to the care they need. And they don't need referrals for mental health or addiction medicine services at Kaiser Permanente facilities.





Mental health and wellness resources for employers

- ↳ [Virtual](#) and on-site mental health training offerings
- ↳ [Burnout](#) and additional mental wellbeing webinars
- ↳ [Psychologically healthy workplace webinar](#) and [scoresheet](#)
- ↳ On-site education [health classes](#)
- ↳ Virtual meetings [backgrounds](#)
- ↳ [Mental health and addiction care](#) overview
- ↳ [Workforce mental health insights](#)
 - Finding Balance [stress management toolkit](#)
 - Rest and Revive [sleep management toolkit](#)
- ↳ [Mental health in the workplace](#) center and articles (including for first responders)



Mental health and wellness resources for members

- ↘ [Mental health content center](#) with information about accessing care and more
- ↘ [Addiction care content center](#) with information about accessing care and more
- ↘ [Depression, stress, alcohol, drug,](#) and [predict teen use](#) assessments for early intervention
- ↘ [Health classes and support groups](#)
- ↘ [Personalized healthy lifestyle programs](#)
- ↘ [Wellness Coaching by Phone](#) for stress and sleep
- ↘ [Most prescriptions mailed](#) to your door (requires sign-on)
- ↘ [Self-care apps](#) for meditation, mindfulness and cognitive behavioral therapy
- ↘ [Self-care resources](#) to help manage depression, reduce stress, improve sleep, and more
- ↘ [Find Your Words](#) resilience and community mental health support resources

mental health and addiction medicine numbers



Northern California

1-800-464-4000



Washington

1-888-287-2680



Colorado

303-471-7700
1-866-702-9026
(Southern Colorado)



Georgia

404-365-0966
1-800-611-1811



Southern California

1-833-574-2273
1-800-900-3277 (urgent 24/7
helpline)



Northwest (Oregon and SW Washington)

1-855-632-8280



Hawaii

808-432-7600 (Oahu)
1-888-945-7600
(Neighbor Islands)



Mid-Atlantic (Maryland, Virginia, and Washington, D.C.)

1-866-530-8778