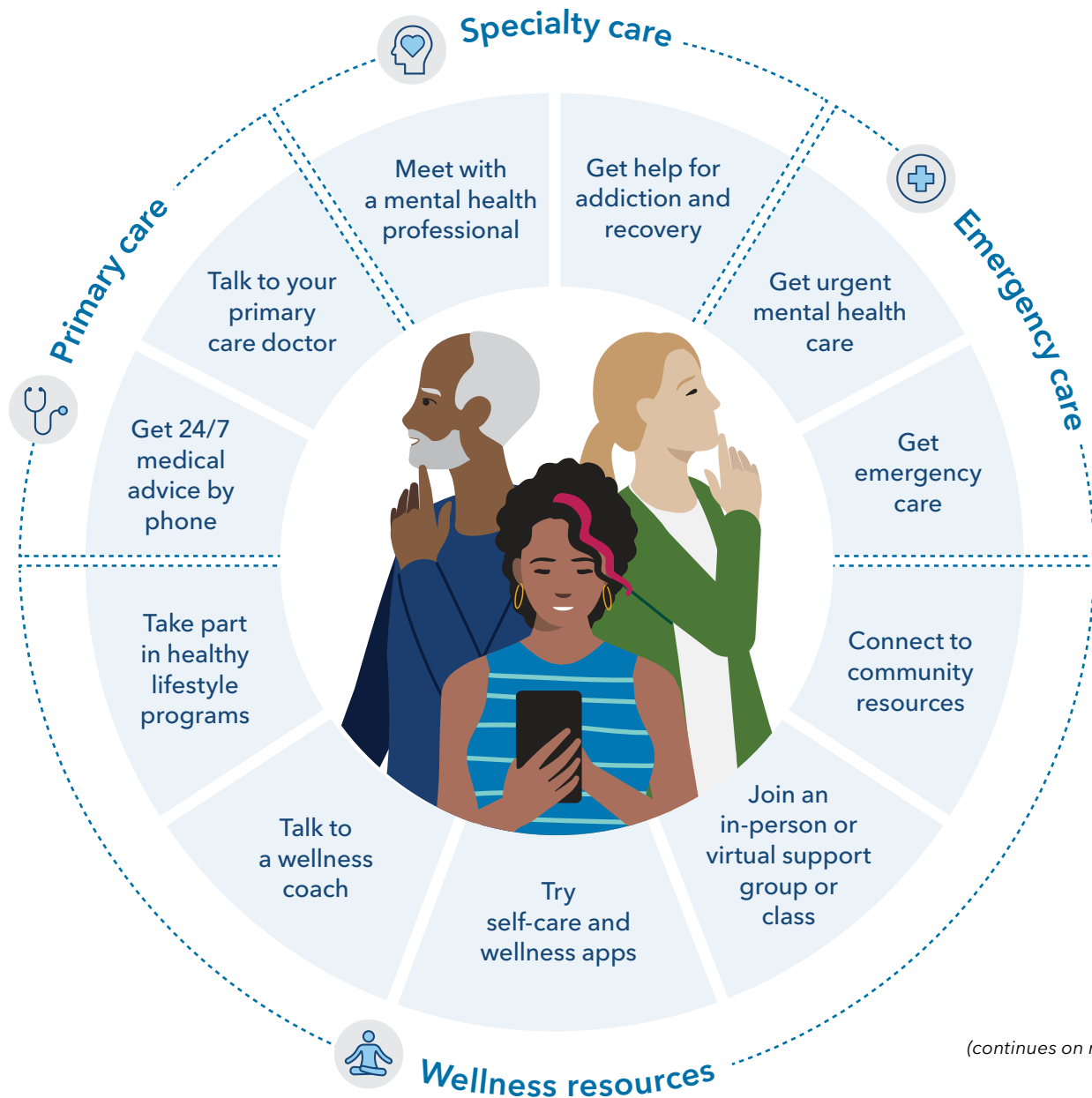


Start a conversation about mental health – anytime, anywhere

Mental health conditions are common – and people do get better. We make it easy for you to get help wherever you want to begin. From personalized care to self-care tools, we'll connect you to the support you need.



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Primary care

Get 24/7 medical advice by phone. Call **303-338-4545** or **1-800-218-1059** (TTY 711) for medical advice and care guidance 24 hours a day, 7 days a week.

Talk to your primary care doctor – Your doctor can assess your needs and connect you with the right care, which may include an immediate consultation with a behavioral health consultant during your office visit. Call **303-338-4545** or **1-800-218-1059** (TTY 711) or visit kp.org/appointments to schedule an in-person, phone,¹ or video¹ visit.



Specialty care

Meet with a mental health professional – Work with a clinician to create a care plan tailored to your individual needs. No referral is required for routine mental health services at Kaiser Permanente or with a contracted provider. But when you contact us, we'll guide you to the care that fits your needs:

- Call **303-471-7700** or **1-866-359-8299** (TTY 711). In Southern Colorado, call **1-866-702-9026** (TTY 1-866-835-2755).
- Visit kp.org/appointments.
- Chat online to schedule: Visit kp.org/getcare and select “Chat with KP.”

You can also search for contracted mental health specialists near you at kp.org/doctors.

Get help for addiction and recovery – If you or someone you love is struggling with substance use, we can help. Talk to your doctor, or visit kp.org/recovery to learn about your options and get the support you need.



Emergency care

Urgent mental health care – Call **303-338-3900** (TTY 711) Monday through Friday, 8 a.m. to 6:30 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).

You can also call or text the national 24/7 Suicide and Crisis Lifeline at **988** (TTY 711).

Emergency care – If you're having a medical or mental health emergency, call **911** or go to the nearest emergency department. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage* or other coverage documents.



Wellness resources²

Take part in healthy lifestyle programs –

Find advice and tools that can help you create healthier daily habits. Visit kp.org/healthylifestyles.

Talk to a wellness coach – Get one-on-one, personalized guidance to help you set goals, find your motivation, and make healthy lifestyle changes to manage stress, eat healthier, and more. Visit kp.org/wellnesscoach.

Try self-care and wellness apps – Get help navigating life's challenges, and make small changes to improve your sleep, mood, relationships, and more. Visit kp.org/selfcareapps.

Join an in-person or virtual support group or class³ – Get help achieving your health goals and connect with others dealing with similar challenges. Visit kp.org/classes.

Connect to community resources – Community resource partners can help with the essentials of good health like food, housing, finances, and transportation needs. Visit kp.org/socialhealth.

1. When appropriate and available. 2. The services described above aren't covered under your health plan benefits and aren't 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. Classes vary by location. Some classes may require a fee.

Kaiser Foundation Health Plan of Colorado.