Caring for you in mind, body, and spirit

Behavioral health services that fit your needs and your life
Your mind, body, and spirit are all connected. And your thoughts, feelings, and actions affect your overall well-being. We’re committed to helping you achieve and maintain optimal mental, physical, and emotional health.

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

- Adult psychiatrists
- Child and adolescent psychiatrists
- Addiction medicine physicians
- Psychologists
- Licensed clinical social workers
- Psychiatric clinical nurses
- Substance abuse counselors
- 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
- Health education programs
- Co-location of services
- Medication management
- Depression screening
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

Inpatient services
When you need inpatient care, we’ll help find the facility\(^1\) 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
- In Washington, DC, parts of Maryland, and northern Virginia: Kaiser Permanente psychiatrists make rounds in premier hospitals

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

---
\(^1\) Offered through our premier hospital partners. Kaiser Permanente premier hospitals are independently owned and operated hospitals and are not affiliated entities of Kaiser Permanente.
**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 first appointment, call 866-530-8778 (TTY 711).

**Schedule a video visit**
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 be located in Maryland, Virginia, or Washington, DC, during your visit. You also must 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.

**Get care advice 24/7**
Call Member Services at 800-777-7904 or 711 (TTY), 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.

**Invest in your health with wellness resources**

**Speak with a wellness coach**
Wellness coaching can get you started on a healthy path—and give you tools, resources, and encouragement to help you:
- Achieve a healthy weight
- Stop using tobacco
- Become more active
- Reduce stress
- Eat healthier

To get started, call 866-862-4295 or visit kp.org/coaching.

**Take a class**
Choose from health classes and support groups at many of our facilities. Visit kp.org/classes to see what’s available in your area. Some classes may require a fee.

**kp.org/selfcare**
Get access to the latest tools and resources available to you at kp.org/selfcare.

**Digital tools**

**There are many virtual resources available. Take advantage of the following apps:**

**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.

---

1 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.

2 Available if you get care in Kaiser Permanente facilities.

3 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.