

- Visit [kp.org/selfcareapps](https://kp.org/selfcareapps) for resources including Calm, Ginger, and myStrength apps at no cost, as well as helpful articles and activities to support emotional health.\*

- In case of emergency, go to the nearest emergency department or call **911**.

- Call the Kaiser Permanente crisis line at **503-331-6425** or **1-866-453-3932**.
- Call or text the National Suicide Prevention Lifeline at **988**. Spanish language and hard of hearing services are available.

## Self-Care

Evidence-based, no-cost tools that offer activities and emotional support coaching to improve sleep, boost mood, reduce anxiety, and more.

## Guided Care

Professional support for achieving individual goals such as behavior change or better relationships.

- Consult with a certified wellness coach by calling **503-286-6816** or **1-866-301-3866**, option 2.
- Visit [kp.org/healthengagement/classes](https://kp.org/healthengagement/classes) for a list of classes led by certified professionals.

## Emergency Care

Care and support to prevent imminent harm to self or others.

Where can you start your mental health or addiction journey?  
**ANYWHERE.**

## Primary Care

Behavioral health consultants see you for focused sessions to assist with a wide range of physical, emotional, and behavioral concerns that impact your health.

- Visit [kp.org/evisits/nw](https://kp.org/evisits/nw) to take an online survey to assess symptoms, like stress, depression, and anxiety. Get options for what to do next.
- Schedule online or call **1-800-813-2000** (TTY **711**) to make an appointment with your primary care team or a same-day/next day appointment with a behavioral health consultant. No referral needed.

## Crisis Care

Immediate support for issues such as suicidal thoughts, child safety issues, and domestic violence.

## Specialty Care

Evaluation and treatment for conditions that require concentrated, intensive care. Services may include individual office/or virtual visits, group therapy visits, or higher levels of care such as intensive outpatient services.

- For a mental health or addiction medicine assessment, call **503-249-3434** or **1-855-632-8280**. No referral needed.

\*The apps and 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. The apps and services may be discontinued at any time. The apps and services are neither offered nor guaranteed under contract with the FEHB Program but are made available to enrollees and family members who become members of Kaiser Permanente. Calm and myStrength can be used by members 13 years old and older. The Ginger app and services are not available to any members under 18 years old. Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Ginger app and services. Eligible Kaiser Permanente members can text with a coach using the Ginger app for 90 days per year. After the 90 days, members can continue to access the other services available on the Ginger app for the remainder of the year at no cost. Calm, Ginger, and myStrength are not available to Kaiser Permanente Dental-only members.