

Health for your mind, body, and spirit

Your mind and body are 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.



Services and support

You have a range of treatment choices developed using the most recent research. As your partners in care, we'll help you select the options that are right for you.

- Adult mental health
- Child and adolescent mental health
- Clinical evaluation
- Treatment for substance use disorders
- Counseling and therapy
- Crisis intervention
- Depression and anxiety resources
- Skills classes
- Group treatment
- Medication management
- Suicide prevention



Resources

Your care goes beyond therapy, medication, or treatment. You can take advantage of classes* and screening tools to help you keep your mind, body, and spirit in a healthy balance.

- Condition-specific online classes
- Online self-assessment tools
- Personalized mental health plans
- Support groups
- Trusted online communities
- Wellness coaching for reducing stress
- Podcasts and other resources to help with emotional well-being, resilience, or stress management



If you're in crisis ...

Hope and help are a phone call away. Call Kaiser Permanente Mental Health Emergency Services at **1-866-453-3932** (available 24/7), drive to the nearest hospital, or call **911**.

HOSPITAL LOCATIONS (AVAILABLE 24/7):
Kaiser Permanente Sunnyside Medical Center
10180 SE Sunnyside Rd., Clackamas, OR 97015

Kaiser Permanente Westside Medical Center
2875 NW Stucki Ave., Hillsboro, OR 97124

Unity Center for Behavioral Health
1225 NE 2nd Ave., Portland, OR 97232

Member Services:

1-800-813-2000 or **711** (TTY), 24 hours a day, 7 days a week (closed holidays)

These care options are a call or click away.



Call or email your doctor's office. Or request a nonurgent appointment with your doctor online through **kp.org/myhealthmanager**. You may also be able set up a telephone appointment or meet face-to-face by video on your computer or mobile device.



Call to speak with a clinician and get treatment started right away. No referral is needed. Just call **1-855-632-8280** to schedule an appointment.



Talk to an advice nurse. Call **1-800-813-2000** or **711** (TTY), 24 hours a day, 7 days a week.



Speak with a wellness coach. Work with a personal wellness coach by phone, and explore options for meeting your health goals. Call **503-286-6816** or **1-866-301-3866** and select option 2.



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.

What are mental health and wellness services?

Mental health and wellness services include assessment, treatment, and support for a variety of mental, emotional, and substance use conditions.

At Kaiser Permanente, adults, families, teens, and children can get clinical and support services for a wide range of issues, including:



- Addiction medicine
- ADHD
- Anxiety
- Bipolar disorder
- Depression
- Eating disorders
- Obsessive-compulsive disorder
- Sleep problems
- Stress
- Substance use issues

You don't need a referral to access services

All Kaiser Permanente mental health clinics are "open access," so you can receive services without a referral from your personal doctor. We do ask that you keep your personal doctor informed of the services you find most helpful.

Kaiser Permanente does not discriminate on the basis of age, race, ethnicity, color, national origin, cultural background, ancestry, religion, sex, gender identity, gender expression, sexual orientation, marital status, physical or mental disability, source of payment, genetic information, citizenship, primary language, or immigration status.

Language assistance is available at no cost to you, 24 hours a day, 7 days a week. You can request interpreter services, materials translated into your language, or in alternative formats. Just call us at **1-800-324-8010**, 24 hours a day, 7 days a week (closed holidays). TTY users call **711**.

Contamos con asistencia de idiomas sin costo alguno para usted 24 horas al día, 7 días a la semana. Puede solicitar los servicios de un intérprete, que los materiales se traduzcan a su idioma o en formatos alternativos. Solo llame al **1-800-324-8010**, 24 horas al día, 7 días a la semana (cerrado los días festivos). Los usuarios de TTY, deben llamar al **711**.

您每週7天，每天24小時均可獲得免費語言協助。您可以申請口譯服務、要求將資料翻譯成您所用語言或轉換為其他格式。我們每週7天，每天24小時均歡迎您打電話**1-800-324-8010**前來聯絡（節假日休息）。聽障及語障專線 (TTY) 使用者請撥 **711**。

All Kaiser Permanente services are confidential. Services vary by region.

*If you reasonably believe you have an emergency medical condition, call **911** or go to the nearest Emergency Department. An emergency medical condition is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage*.

Caring for the whole you



Mental health and wellness services

Adult mental health
Child and adolescent mental health
Addiction and recovery • Emotional wellness

Call us anytime

Call Member Services at **1-800-813-2000** or **711** (TTY), 24 hours a day, 7 days a week (closed holidays). We can help you access crisis intervention and guidance and connect to many other resources.

For emergency care

If you think you have a medical or psychiatric emergency, please contact Kaiser Permanente Mental Health Emergency Services at **1-866-453-3932**, call **911**, or go to the nearest hospital.*