

What are mental health services?

Mental health services include assessment, treatment, and support for a variety of mental, emotional, and substance use conditions. Many common diagnoses, such as depression and anxiety, can be treated by your personal doctor.

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



- Anxiety
- Bipolar disorder
- Depression
- Obsessive-compulsive disorder
- Panic attacks and panic disorders
- Post-traumatic stress disorder
- Schizophrenia

You don't need a referral

You can make an appointment for mental health services without a referral from your personal doctor by calling **1-888-287-2680**. And if you ever want to change your provider, you can switch at any time for any reason.

How can we help? Give us a call

Get help at **1-888-287-2680**, 8 a.m. to 5 p.m., Monday through Friday. We can match you with a mental health specialist in your area or help you find addiction treatment. If you can't wait for an appointment, we can connect you to a therapist over the phone.

If you need help after hours, call our consulting nurse line at **1-800-297-6877**. The nurse can evaluate your symptoms, provide recommendations about next steps, or page an on-call psychiatrist.

For emergency care

If you think you have a medical or psychiatric emergency, call 911 or go to the nearest emergency department.

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Addiction and recovery care

No one should have to face addiction alone. Talking with a professional can help. Addiction treatment providers have a range of techniques and treatments that can help you if you're ready to cut down or stop.

Your Kaiser Permanente plan network includes doctors who specialize in addiction medicine and other specialists and facilities that specialize in addiction and recovery. Services can include evaluation, diagnosis, behavioral therapy and counseling, medication-based treatment, medical treatment of withdrawal (detoxification), and rehabilitation.

Call **1-888-287-2680** to get started. No referral is necessary.

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Mental health and wellness



Caring for the whole you

Adult, teen, and child mental health
Addiction and recovery
Emotional wellness

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.

Learn more about mental health services and resources available to you at kp.org/wa/mhw.



Talk to your personal doctor

Your personal doctor knows you best – your medical history, preferences, beliefs, and lifestyle. Your doctor is trained to diagnose common conditions like stress, depression, and anxiety and can connect you to the care that's right for your needs.

At Kaiser Permanente care locations, we screen adults for common mental health concerns whenever they come in and screen children as part of their regular preventive care visits. Mental health clinicians who work as part of the primary care team provide assessment and short-term treatment.

These care options are a call or a click away



Call or email your doctor's office

If your doctor is at a Kaiser Permanente facility, you can schedule a nonurgent appointment online or email your doctor about your concerns.



Call for a first-time specialty appointment

To access a mental health specialist or to find addiction treatment, call **1-888-287-2680**, 8 a.m. to 5 p.m., Monday through Friday. You'll be given network provider options in your area after a few questions to determine your mental health need.

Our plans include Kaiser Permanente Mental Health locations in Bellevue, Bremerton, Everett, Olympia, Spokane, Tacoma, and in Seattle's Northgate and Capitol Hill neighborhoods and community network providers across the state.



Get care advice 24/7

Get help anytime day or night at **1-800-297-6877**.

A consulting nurse can evaluate your symptoms, provide recommendations about next steps, or page an on-call psychiatrist.



Resources for emotional wellness

It's important to have tools beyond the doctor's office. The self-care resources at kp.org/wa/mhw can help you improve your physical, mental, and emotional well-being at no extra cost to you.

- Skills for Life digital coaching programs
- Wellness coaching for reducing stress and anxiety
- Online self-assessment tools
- Classes for managing conditions like diabetes and heart disease
- Discounts on gym memberships and workout gear



Talk to a wellness coach

A wellness coach is dedicated to teaching you how to make positive changes in your life. Coaching sessions by phone last about 20 minutes.

Call **1-866-862-4295** between 7 a.m. and 7 p.m. Monday through Friday.