



Mental health and wellness

Everyone's experience with mental health is different – but if you're having a hard time mentally or emotionally, care is available. Mental health and addiction issues are treatable. Get the support you need to live your best life.



Speak up

Struggling with your mental health, emotions, or substance use? Or maybe you don't know if you need mental health care, but you don't feel like yourself? Talk to someone. An honest conversation can get you the support you need. You don't have to face challenges alone.



Get professional support

If you're having a hard time or are worried about someone close to you, talk to your doctor or reach out to your care team. Kaiser Permanente mental health professionals are experienced in treating a wide variety of conditions and can connect you to care.



Practice self-care

Sleep, diet, and exercise affect your mental and emotional health – and you can access a wide variety of self-care resources to improve them. Explore support groups, classes,¹ self-care apps,² and one-on-one wellness coaching to support your total health.

Visit kp.org/mentalhealth to explore self-care options and get professional support.

1. Some classes may require a fee. **2.** 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.

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