

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. That's why to help you achieve and maintain optimal mental, physical, and emotional health, Kaiser Permanente offers:

Caring providers

Our behavioral health team is passionate about helping people. The team includes psychiatrists, psychologists, social workers, counselors, addiction medicine physicians, and more.

Primary care settings

You have a range of therapy and treatment choices.

As your partners in care, we'll help you select options that are right for you, from self-care resources to medication management.

Outpatient services

Not all care requires a stay in a facility. We'll help you choose the outpatient options that best fit your needs.

Intensive outpatient programs

Some intensive care needs can be met on an outpatient basis. That's why we offer outpatient case management, chemical dependency programs, and other intensive programs for adults or adolescents.

Inpatient services

When you need inpatient care, we'll help you find the right facility¹ and program for you. We offer crisis evaluation and management, psychiatric hospitalization, and more.

Suicide prevention

Our behavioral health providers and primary care physicians are trained to screen patients for suicide risk. And because we coordinate care so closely among our providers, we can quickly identify individuals at risk and get them the care they need right away.

Beyond therapy, medication, and treatment

Access classes and tools that can help keep your mind, body, and spirit in healthy balance. Check out our online classes (some may require a fee) and communities, self-assessment tools, personalized plans, support groups, and podcasts.

Care at your convenience

Plan care around your life:

- See a therapist without a referral
- Schedule a video visit²
- Call your doctor's office
- Get care advice 24/7
- Seek emergency care

Additional resources

For more ways to invest in your health, try talking to our wellness coaches or take advantage of apps like myStrength and Calm.

For more information on these or other services, visit kp.org/selfcare.

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.

² Video visits are available to Kaiser Permanente members who have a camera-equipped computer or mobile device and are registered at kp.org. You must be present in Maryland, Virginia, or Washington, DC, for visits with your primary care physician or behavioral health provider. For urgent video visits with an emergency doctor, you may be also be present in Florida, North Carolina, Pennsylvania, or West Virginia. For certain medical or mental health conditions. For video visits with a behavioral health provider, appointments can be scheduled for follow-up care.

