



# Caring for you in mind, body, and spirit

Behavioral health  
services that fit your  
needs and your life



KAISER PERMANENTE®

# Your mind, body, and spirit are all 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.

## Caring providers

Our behavioral health team is passionate about helping people. They include:

- Adult psychiatrists
- Child and adolescent psychiatrists
- Addiction medicine physicians
- Psychologists
- Licensed clinical social workers
- Psychiatric clinical nurses
- Substance abuse counselors
- Health educators

## Primary care settings

You have a range of therapy and treatment choices. As your partners in care, we'll help you select the options that are right for you. Typical services include:

- Self-care resources
- Health education programs
- Co-location of services
- Medication management
- Depression screening

## Outpatient services

Not all care requires a stay in a facility. We'll work with you to choose the options that best meet your needs. Typical services include:

- Clinical evaluation
- Crisis intervention (24/7 access)
- Individual psychotherapy
- Group psychotherapy
- Family therapy
- Behavioral health and wellness classes
- Case management
- Psychopharmacological treatment
- Dual-diagnosis programs
- Electroconvulsive treatment
- Transcranial magnetic stimulation
- Outpatient detoxification

## Intensive outpatient programs

Sometimes, intensive care needs can be met on an outpatient basis at our medical center locations. Typical services include:

- Intensive outpatient programs for adults
- Intensive outpatient programs for adolescents
- Chemical dependency intensive outpatient programs
- Intensive case management

## Inpatient services

When you need inpatient care, we'll help find the facility<sup>1</sup> and program that's right for you. Typical services include:

- Crisis evaluation and management
- Inpatient psychiatric hospitalization
- Inpatient detoxification
- Crisis residential/hospital alternative treatment programs
- In Washington, DC, parts of Maryland, and northern Virginia: Kaiser Permanente psychiatrists make rounds in premier hospitals

## Suicide prevention

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

## Beyond therapy, medication, and treatment

Take advantage of classes and screening tools to help you keep your mind, body, and spirit in a healthy balance.

- Condition-specific online classes (Some may require a fee.)
- Online self-assessment tools
- Personalized behavioral health and wellness plans
- Support groups
- Trusted online communities
- Emotional wellness podcasts

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<sup>1</sup> Offered through our premier hospital partners. Kaiser Permanente premier hospitals are independently owned and operated hospitals and are not affiliated entities of Kaiser Permanente.

## Access care at your convenience

### See a therapist without a referral

You can make an appointment to see a therapist without a referral from your primary care doctor. And if you ever want to change your provider, our care team will assist you in finding the best fit for your needs. To schedule your first appointment, call **866-530-8778 (TTY 711)**.

### Schedule a video visit<sup>1</sup>

Book a video visit online with your behavioral health provider. Routine appointments take place during regular office hours. To set up a video visit, you must be registered on [kp.org](https://kp.org) and be located in Maryland, Virginia, or Washington, DC, during your visit. You also must have a camera-equipped computer or mobile device.

### Call or email your doctor's office

Or request a nonurgent appointment with your doctor online. You may also set up a telephone appointment or meet face-to-face by video on your computer or mobile device.<sup>1,2</sup>

### Get care advice 24/7

Call Member Services at **800-777-7904** or **711** (TTY), 24 hours a day, 7 days a week (closed holidays). We can help you access crisis intervention and guidance, get referrals, and connect to many other resources.

### Seek emergency care

If you think you're having a medical or psychiatric emergency, call 911 or go to the nearest hospital.<sup>3</sup>

## Invest in your health with wellness resources

### Speak with a wellness coach

Wellness coaching can get you started on a healthy path—and give you tools, resources, and encouragement to help you:

- Achieve a healthy weight
- Stop using tobacco
- Become more active
- Reduce stress
- Eat healthier

To get started, call **866-862-4295** or visit [kp.org/coaching](https://kp.org/coaching).

### Take a class

Choose from health classes and support groups at many of our facilities. Visit [kp.org/classes](https://kp.org/classes) to see what's available in your area. Some classes may require a fee.

### [kp.org/selfcare](https://kp.org/selfcare)

Get access to the latest tools and resources available to you at [kp.org/selfcare](https://kp.org/selfcare).

## Digital tools

There are many virtual resources available.

Take advantage of the following apps:

### myStrength

myStrength offers guided programs targeting stress, insomnia, chronic pain, depression, and more, as well as inspirational resources and community support.

### Calm

Calm can help you relax, sleep, deal with emotions, and learn more about your mental health.

<sup>1</sup> Video visits are available to Kaiser Permanente members who have a camera-equipped computer or mobile device and are registered at [kp.org](https://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 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.

<sup>2</sup> Available if you get care in Kaiser Permanente facilities.

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Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.  
2101 E. Jefferson St., Rockville, MD 20852  
2020MC0478 MAS 5/1/20-12/31/20