

# 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. To help you achieve and maintain optimal mental, physical, and emotional health, Kaiser Permanente delivers:

### Caring providers

**Our behavioral health team is passionate about helping people.** The team includes psychiatrists, psychologists, 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

**Need inpatient care? We'll help find the right facility<sup>1</sup> and program for you.** We offer crisis evaluation and management, psychiatric hospitalization, and more.

### Suicide prevention assistance

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

### NEW: myStrength Complete

**We're excited to introduce a new wellness resource—myStrength Complete.<sup>2</sup>** This comprehensive, flexible, digital program offers tools and support, including coaching and teletherapy for stress, sleep management, depression, anxiety, and more.<sup>3</sup> Kaiser Permanente myStrength Complete memberships do not offer psychiatry or prescription services. To get started today, just visit [mystrength.com/start](https://mystrength.com/start), click "Join today," and follow the instructions to register. Enter your registration code **KaiserMSC** when prompted.

### Care at your convenience

**Plan care around your life:**

- See a therapist without a referral—to schedule your initial consultation, call **866-530-8778** (TTY 711)
- Schedule a video visit<sup>4</sup>
- Call your doctor's office
- Get care advice 24/7 at **800-777-7904** (TTY 711)
- Seek urgent care

### Additional resources

For more ways to invest in your health, talk to our wellness coaches or take advantage of apps like myStrength, Calm, and Ginger.<sup>3</sup>

For more information on these or other services, visit [kp.org/selfcare](https://kp.org/selfcare).

<sup>1</sup> Premier hospitals are independently owned and operated hospitals, and they contract with Kaiser Foundation Hospitals. The continued availability and/or participation of any facility cannot be guaranteed. For the most current information, visit [kp.org/premierhospitals](https://kp.org/premierhospitals).

<sup>2</sup> myStrength Complete by Teladoc Health is available to members 18 and older who do not have a Maryland Medicaid health plan.

<sup>3</sup> Some of these services may not be covered under your health plan benefits and may not be subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice. myStrength is a wholly owned subsidiary of Livongo Health, Inc.

<sup>4</sup> If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors and health care providers from providing care across state lines. Laws differ by state.

