



**FIRST RESPONDERS:**  
We care about your  
mental health and wellness

## Care for all that is you

Mental health is vital to your well-being—your mind, body, and spirit are all connected. And as a first responder, you face new challenges each and every day. If you're struggling with stress, depression, or addiction, or navigating another crisis that requires immediate attention, Kaiser Permanente is here to help:

☒ **Primary care**

As a member, you can talk to your primary care doctor about any mental health concerns, anytime. They'll also perform mental health and substance use screenings and help you with next steps if you need support.

☒ **Specialty care**

If you need specialty care, your care team can connect you to the right resources and refer you to the necessary specialists. No referral is needed to see an in-network mental health care provider.

### Many ways to get care



In person



24/7 advice  
by phone



Phone  
appointment<sup>1</sup>



Video visit<sup>1</sup>



E-visit



Email

For more information on these or other services,  
call **800-777-7902 (TTY 711)** or visit **[kp.org/mentalhealth](https://kp.org/mentalhealth)**.

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# Connect to care that's right for you

Let us connect you to care that meets your unique needs and goals

**With a wide range of options, we make it easy to connect with quality, affordable mental health care on your schedule:**



**Individual therapy.** In confidential, one-on-one therapy sessions, you'll explore your thoughts, feelings, and actions, finding ways to support your mental health and overall goals.



**Group therapy.** Learn from and connect with members who've had similar experiences or concerns. Meetings are safe spaces led by a mental health professional.



**Medication.** For some conditions, your doctor, psychiatrist, or nurse practitioner (or a physician assistant who works in mental health) may prescribe medicine and help you manage it.



**Health classes.** Attend online or in-person classes for help improving relationships, challenging unhealthy thoughts/behavior, dealing with stress, and more.<sup>2</sup>



**Mental fitness tools.** Explore a variety of self-guided wellness tools, including online self-assessments, digital programs, and self-care apps.<sup>3</sup>

[LEARN MORE](#)



## Additional mental health support options

And along with care delivered by Kaiser Permanente, members have access to convenient, flexible care options from a variety of resources—including external providers. Some offer teletherapy services to our members at no additional cost.

[LEARN MORE](#)



## Comprehensive care

The National Law Enforcement and First Responder Wellness Center, located in Havre de Grace, Maryland, is America's only mental health program providing care exclusively for first responders in crisis. Treatment is from other first responders, and specific areas of focus include:

- 24-hour complimentary mobile crisis intervention
- Specialized care for officers involved in shootings
- Mental health
- Drug and addiction treatment
- Grief and loss
- Trauma / PTSD / complex PTSD
- And more

If you're struggling, seek care now. Make the call:

**443-502-8606.**

<sup>1</sup> When appropriate and available. If you travel out of state, phone appointments and video visits may not be available in select states due to licensing laws. Laws differ by state.

<sup>2</sup> Classes vary by location. Some members may have to pay a fee for certain classes.

<sup>3</sup> App 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.