

MENTAL HEALTH ACCESS MAP

Help is available how, when, and where you need it – for you and your family.

Visit kp.org/employeementalhealth to access these resources and more.

COMMUNITY RESOURCES

Find Your Words: Learn how to talk about mental health – for yourself, with others, and to support your teens and children. findyourwords.org

Mental Health America (MHA): Community-based nonprofit dedicated to addressing the needs of those living with mental health conditions. mentalhealthamerica.net

The National Alliance on Mental Illness (NAMI): Information, education programs, free local referral, support groups, and hotlines to answer questions regarding mental health conditions. nami.org

* A benefit to Kaiser Permanente physicians, employees, dependents, and families. Sessions are with a licensed therapist, are completely voluntary, and not associated or connected to your Kaiser medical record or personnel file.

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