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.

EMERGENCY CARE If you think you're having a psychiatric emergency, call 911 or go to the nearest emergency room.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Free, short-term confidential counseling, 24/7, for you and your family to address mental health concerns.* kp.org/eap

KP MENTAL HEALTH SERVICES

Make an appointment for mental health and addiction care (for KP members). kp.org/mentalhealthservices

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.

CRISIS SUPPORT If you or someone you know feels severe emotional distress, call or text 988 to reach the Suicide & Crisis Lifeline.

> **KP MEMBER** MENTAL HEALTH AND **ADDICTION CARE** Learn about care options, take self-assessments. and find resources. kp.org/mentalhealth

LALK TO SOMEONE WHEN IN CRISIS KP **WORKFORCE RESOURCES**

FOUCATION AND SELF-CARE

DIGITAL SELF-CARE APPS (for KP members). kp.org/selfcareapps

WORKFORCE Tools and resources that help you lead a healthy, balanced life at work and at home. kp.org/healthyworkforce

HEALTHY

MENTAL HEALTH TRAINING

Learn about mental health conditions and how to discuss mental health in the workplace. Search for Mental Health Training on KP Learn.

Apps to help manage stress, anxiety, depression, and other mental health issues

> healthyworkforce For the people who power KF

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