What are mental health services?

Mental health services include assessment, treatment, and support for a variety of mental, emotional, and substance use conditions.

At Kaiser Permanente, adults, families, teens, and children can get clinical and support services for a wide range of issues, including:

- Anxiety and stress
- Attention deficit hyperactivity disorder
- Autism spectrum disorders
- Bipolar disorder
- Depression
- Eating disorders
- Obsessive-compulsive disorder
- Sleep problems
- Treatment for substance use disorders

Kaiser Permanente does not discriminate on the basis of age, race, ethnicity, color, national origin, cultural background, ancestry, religion, sex, gender identity, gender expression, sexual orientation, marital status, physical or mental disability, source of payment, genetic information, citizenship, primary language, or immigration status.

Language assistance is available at no cost to you, 24 hours a day, 7 days a week. You can request interpreter services, materials translated into your language, or in alternative formats. Just call us at 1-800-464-4000, 24 hours a day, 7 days a week (closed holidays). TTY users call 711.

**For emergency care**

If you think you have a medical or psychiatric emergency, call 911 or go to the nearest hospital.²

You don’t need a referral to see a therapist

You can make an appointment to see a therapist without a referral from your personal doctor. And if you ever want to change your provider, you can switch at any time for any reason.

All Kaiser Permanente services are confidential. Services vary by region.

²Some classes may require a fee.

²If you reasonably believe you have an emergency medical condition, call 911 or go to the nearest emergency department. An emergency medical condition is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health. For the complete definition of an emergency medical condition, please refer to your Evidence of Coverage or other coverage documents.
Health for your mind, body, and spirit

Your mind and body are 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 mental health team is passionate about helping people. All our therapists are licensed by the California Board of Behavioral Sciences or the California Board of Psychology. And all our psychiatrists are medical doctors licensed by the Medical Board of California.

- Psychiatrists
- Addiction medicine physicians
- Psychologists
- Licensed clinical social workers
- Marriage and family therapists
- Medical social workers
- Psychiatric clinical nurse specialists

Services and support

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.

- Adult mental health
- Autism assessment centers
- Child and adolescent mental health
- Clinical evaluation
- Counseling and therapy
- Crisis intervention
- Depression and anxiety resources
- Medication management
- Suicide prevention
- Treatment for substance use disorders

Resources

Your care goes beyond therapy, medication, or treatment. You can take advantage of classes1 and screening tools to help keep your mind, body, and spirit in a healthy balance.

- Condition-specific online classes
- Online self-assessment tools
- Personalized mental health plans
- Support groups
- Trusted online communities
- Wellness coaching for reducing stress
- Podcasts and other resources to help with emotional well-being, resilience, or stress management

Visit kp.org/mentalhealth to learn more about the many resources available.

These care options are a call or click away.

Call or email your doctor’s office. Or request a nonurgent appointment with your doctor online. You may also be able set up a telephone appointment or meet face-to-face by video on your computer or mobile device.

Make an appointment for therapy or counseling. No referral is needed. Just call your local medical center to schedule an appointment at the mental health, behavioral health, or psychiatry department.

Get care advice 24/7. For the 24/7 phone number in your area, visit kp.org and click “Advice” in the “Find Care” section at the bottom of the page.

Speak with a wellness coach. Work with a personal wellness coach by phone, and explore options for meeting your health goals. Call 1-866-862-4295, Monday–Friday, 7 a.m.–7 p.m.

Take a class.1 Choose from health classes and support groups at many of our facilities. Visit kp.org/classes to see what’s available in your area.