

# Start a conversation about mental health and wellness – anytime, anywhere.



We're committed to helping you be mentally, physically, and emotionally healthy.

That's why we make it easy to connect with care – or start a conversation about your mental health and wellness.

## Explore self-care resources

Explore our online resources to learn more about care options, or find tips and tools.

- **kp.org/mentalhealth**: Learn about mental health and wellness, or substance use services at Kaiser Permanente, including what to expect and how to get care.
- **findyourwords.org**: Learn about depression and find resources to get support for yourself or a loved one.
- **kp.org/healthylifestyles**: Take the total health assessment and create a personalized action plan to reach your health goals with free healthy lifestyle programs for members 18 years and older.
- **kp.org/stressmanagement**: Get tips to manage stress, try quick exercises to find calm in the moment, or listen to a podcast.

## Talk to a wellness coach

Partner with a wellness coach to put a personalized plan in place to eat healthier, reduce stress, or manage your weight. Call **808-432-2260** or visit **kp.org/wellnesscoach** to learn more.

## Tryout Calm

Calm is the #1 app for meditation and sleep – designed to help lower stress, reduce anxiety, and more. Kaiser Permanente members can access all the great features of Calm at no cost, including: The Daily Calm, more than 100 guided meditations

Sleep Stories to soothe you into deeper and better sleep and video lessons on mindful movement and gentle stretching. **kp.org/selfcareapps**

## myStrength

myStrength is a personalized program that helps you improve your awareness and change behaviors. Kaiser Permanente members can explore interactive activities, in-the-moment coping tools, community support, and more at no cost. **kp.org/selfcareapps**

1. These features are available when you receive care at Kaiser Permanente medical offices.
2. Check with your doctor's office to find out if video visits are available to you

## Get 24/7 medical advice by phone

For medical advice and care guidance call:

Oahu: **808-432-2000**

Maui/Molokai/Lanai: **808-243-6000**

Hawaii Island: **808-334-4400**

Kauai: **808-246-5600**

TTY: **711**

## Talk to your primary care provider

Your doctor can assess your needs and connect you with the right care, which may include an immediate consultation with a behavioral medicine specialist during your office visit.

To connect with a primary care doctor call:

Oahu: **808-432-2000**

Maui/Molokai/Lanai: **808-243-6000**

Hawaii Island: **808-334-4400**

Kauai: **808-246-5600**

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## Access care from a mental health specialist

Kaiser Permanente has expanded our mental health resources to ensure that our members receive the right care at the right time. Access a wide range of mental health and addiction medicine services, including treatment for substance use, eating disorders, and depression, as well as medication evaluation and management, by calling a mental health specialist at our Behavioral Health Access Center.

To schedule an appointment, call us Monday through Friday, 8 a.m. to 5 p.m.:

Oahu: **808-432-7600**

Neighbor islands: **1-888-945-7600**. Based on your schedule, they will arrange for an initial assessment with someone from our mental health care team or refer you to schedule an appointment with a provider in our expanded affiliate network.

## Get urgent mental health care

For after-hours care, call the Crisis Line of Hawaii at **808-832-3100** (Oahu) or **1-800-753-6879** (Neighbor Islands).

## Get emergency care

If you're having a medical or mental health emergency, call **911** or go to the nearest emergency department.