• Visit **kp.org/selfcare** for resources including the Calm and myStrength apps, audio activities, articles, and more at no cost.\*

### Self-Care

Evidence-based, no-cost tools and resources to help improve anxiety symptoms, sleep, substance use, mood, and more

#### Guided Care

Professional support for achieving individual goals such as behavior change or better relationships

- Consult with a certified wellness coach by calling **503-286-6816** or **1-866-301-3866**, option 2.
- Visit **kp.org/healthengagement/ classes** for a list of classes led by certified professionals.

 In case of emergency, go to the nearest emergency department or call **911**.

#### Emergency Care

Care and support to prevent imminent harm to self or others Where can you start your mental health or addiction journey?

# **ANYWHERE.**

#### **Primary** Care

Help choosing and creating a treatment plan to address mental health or substance use issues

#### Visit kp.org/ evisits/nw to have an anxiety, depression, and stress e-visit for no-cost care in under an hour.

 Call 1-800-813-2000 (TTY 711) to make an appointment with your primary care team or a same-day appointment with a behavioral health consultant.

- Call the Kaiser Permanente crisis line at **503-331-6425** or **1-866-453-3932**.
- Visit oregon.gov/oha/ph/ PreventionWellness/SafeLiving/ SuicidePrevention/Pages/crisislines.aspx for local crisis services.
- Call the National Suicide Prevention Lifeline at **1-800-273-8255**.

\*Calm and myStrength are only available to Kaiser Permanente members with medical coverage; myStrength is a wholly owned subsidiary of Livongo Health, Inc.

#### Crisis Care

Immediate support for issues such as suicidal thoughts, child safety issues, and domestic violence

## Specialty Care

Help for you or a family member struggling with substance use or mental health issues that affect daily life • For a mental health or addiction medicine assessment, call **503-249-3434** or **1-855-632-8280**.

