



Self-care apps for emotional wellness

Get help with anxiety, stress, sleep, mood, and more — 24/7, at no cost to Kaiser Permanente members.



Calm is the number one app for sleep, meditation, and relaxation*



Headspace provides live text-based emotional support coaching and hundreds of self-guided resources

*Calm is the number one app for sleep, meditation, and relaxation. Learn more at calm.com/blog/about.



Visit kp.org/selfcareapps to get started



Mental health and wellness

Everyone's experience with mental health is different – but if you're having a hard time mentally or emotionally, care is available. Mental health and addiction issues are treatable. Get the support you need to live your best life.



Speak up

Struggling with your mental health, emotions, or substance use? Or maybe you don't know if you need mental health care, but you don't feel like yourself? Talk to someone. An honest conversation can get you the support you need. You don't have to face challenges alone.



Get professional support

If you're having a hard time or are worried about someone close to you, talk to your doctor or reach out to your care team. Kaiser Permanente mental health professionals are experienced in treating a wide variety of conditions and can connect you to care.



Practice self-care

Sleep, diet, and exercise affect your mental and emotional health – and you can access a wide variety of self-care resources to improve them. Explore support groups, classes,¹ self-care apps,² and one-on-one wellness coaching to support your total health.

Visit kp.org/mentalhealth to explore self-care options and get professional support.

1. Some classes may require a fee. **2.** The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 4000 Garden City Dr., Hyattsville, MD 20785 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 2715 Naches Ave. SW, Renton, WA 98057



Salud mental y bienestar

La experiencia con la salud mental es diferente en cada persona. Si enfrenta un momento difícil a nivel mental o emocional, hay atención disponible. Los problemas de salud mental y adicciones pueden tratarse. Obtenga la ayuda que necesita para vivir mejor.



Exprésese

¿Tiene dificultades relacionadas con la salud mental, las emociones o el uso de sustancias? ¿No sabe si necesita atención de salud mental, pero siente que no es usted mismo? Hable con alguien. Una conversación honesta puede darle el apoyo que necesita. No tiene que enfrentar sus problemas solo.



Reciba apoyo profesional

Si está pasando por un momento difícil o le preocupa alguna persona cercana, hable con su médico o comuníquese con su equipo de atención. Los profesionales de salud mental de Kaiser Permanente tienen experiencia en el tratamiento de diversas afecciones y pueden ayudarlo a acceder a la atención.



Practique el cuidado personal

El sueño, la dieta y el ejercicio afectan la salud mental y emocional: puede acceder a una gran variedad de recursos de cuidado personal para mejorarlos. Explore los grupos de apoyo, las clases,¹ las aplicaciones de cuidado personal² y el asesoramiento de bienestar individual para cuidar su salud integral.

Visite kp.org/saludmental para conocer las opciones de cuidado personal y obtener apoyo profesional.

1. Es posible que deba pagar por algunas clases. 2. Las aplicaciones y los servicios mencionados anteriormente no son beneficios de su plan de salud, no están cubiertos por Medicare ni están sujetos a los términos establecidos en la *Evidencia de Cobertura (Evidence of Coverage)* u otros documentos del plan. Las aplicaciones y los servicios pueden suspenderse en cualquier momento.

Planes de salud de Kaiser Permanente en todo el país: Kaiser Foundation Health Plan, Inc., en las regiones Norte y Sur de California y en Hawái • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., en Maryland, Virginia y Washington D. C., 4000 Garden City Dr., Hyattsville, MD 20785 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington o Kaiser Foundation Health Plan of Washington Options, Inc., 2715 Naches Ave. SW, Renton, WA 98057