MENTAL HEALTH RESOURCES

At Kaiser Permanente we want you to know there is support available to help with stress, loneliness, or other issues that may be affecting your quality of life. Call, go online, or scan the QR code to access the resource(s) listed below.

KP.ORG

Mental Health and Wellness website
kp.org/mentalhealth

Learn more about mental health, including myths, facts, and ways to connect to care. Take the depression self-assessment and get a better understanding of your health plan benefits.

Guided wellness exercises and activities
kp.org/mindbody

Choose from several different audio meditations to help improve emotional wellness. Meditations can also help you cope with different conditions.

Mobile Device Applications
kp.org/selfcareapps

Access no-cost wellness apps that support your mind, body, and spirit. Explore apps such as Calm, Headspace Care They can help you navigate life's challenges and make small changes to improve your sleep, mood, relationships and more.

Mental Health Tools
kp.org/wellnessresources

Explore simple ways to be kind to your mind and body. Learn self-care tips on how to make small changes to improve your sleep, stress levels, relationships and more.

Healthy Lifestyle Programs
kp.org/healthylifestyles

Complete the health assessment to receive a personalized action plan, advice, tools, and encouragement. Set goals and track your progress.

PROGRAMS AND CLASSES

Virtual Wellness and Health Education Classes

kp.org/classes
(800) 777-7904, TTY **711**

Class topic areas include Sleep Problems and Mental Health. Learn ways to manage stress, sleep better, and balance life and work. Classes also teach skills to support improved health and well-being. Call or go online to register.

Thriving After 60 (TA60)

kp.org/ta60mas

TA60 offers no-cost classes and outings to support strong mental health. Activities teach ways to stay active and maintain health and energy. They are also great ways to meet new friends. Visit the site for a complete schedule of events.

SILVER&FIT®

silverandfit.com
(800) 777-7904, TTY **711**

Members can choose from:

- No cost gym membership at one of many participating gyms.
- Up to 2 Home Fitness kits per year (options may include DVDs, guides, or other items).

Additional benefits:

- Healthy Aging classes 4x a year
- The Silver Slate® newsletter 4x a year
- The Silver&Fit Connected!™ Program
- Other web tools like online classes and challenges Visit the site or call to enroll.

VIDEOS

Health Engagement video library

kp.org/healthieryou/mas

Knowing how you feel is an important part of emotional wellness. Explore ways to cope, and improve your emotional health in the Mental Health section of Health engagement video library.

EMMI® - Depression

This program provides an overview of depression, including:

- depression isn't just the blues
- types
- treatments
- lifestyle changes

Ask your doctor to order the EMMI®

TELEPHONE SUPPORT

Wellness Coaching - Health Resource Coordinator

(800) 777-7904, TTY **711**

Work with a wellness coach to develop a plan to help you better manage stress. Coaching is offered at no added cost in English or Spanish to Kaiser members. Call to make an appointment.

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