# Making mental health care access easier, faster, and on your terms

We’re pushing the boundaries of care so it’s more within reach – the way you deserve it.

## Easier

- **More facilities**
  - $700+ million toward new mental health facilities and providers over the next 7 years

- **More therapists**
  - 30% more mental health therapists since 2015

- **More control**
  - Your doctor, your choice – 0 referrals needed for mental health care with Kaiser Permanente

## Faster

- **Psychiatry by phone and video**
  - Leading to earlier assessments and faster access to care

- **Tech-enabled facilities**
  - Getting you immediate, more personalized attention for urgent health care needs

- **Online self-assessments**
  - Helping you gauge depression, alcohol use, and stress levels anytime

## On your terms

- **Podcasts and toolkits**
  - For support managing stress, sleeping better, and more

- **Classes and support groups**
  - For help building relationships, changing unhealthy behaviors, and coping with stress

- **Wellness coaching by phone**
  - For 1-on-1 support to overcome obstacles and achieve your goals

---

Explore your care options at kp.org/builtforyou