

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

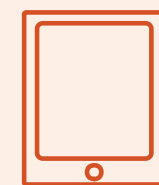
Your doctor, your choice – 0 referrals needed for mental health care with Kaiser Permanente

Faster



Psychiatry by phone and video

Leading to earlier assessments and faster access to care



Tech-enabled facilities

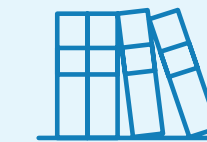
Getting you immediate, more personalized attention for urgent health care needs



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