

First responders' guide to mental health and substance abuse

See a therapist without a referral: **866-530-8778 (TTY 711)**

Kaiser Permanente is here to help those who selflessly help others first. That's why we offer a variety of resources to help first responders protect their own health as they work to protect others.



Caring providers

Our behavioral health team is passionate about helping people. They include a number of specialty areas and staff who are veterans.

- Clinical social workers
- Counselors
- Psychiatrists
- Psychologists
- Addiction specialists



Primary care settings

As your partners in care, we'll help you select the options that are right for you. Typical services include:

- Co-location of services
- Self-care resources
- Medication management
- Health education programs
- Depression screening



Outpatient services

We'll work with you to choose the options that best meet your needs. Typical services include:

- Clinical evaluation
- Crisis intervention (24/7 access)
- Individual therapy
- Group therapy
- Family therapy
- Behavioral health and wellness classes
- Outpatient detoxification



Inpatient services

When you need inpatient care, we'll help find the facility¹ and program that's right for you. Typical services include:

- Crisis evaluation and management
- Inpatient psychiatric hospitalization
- Inpatient detoxification
- Crisis residential/hospital alternative treatment programs

In addition, Kaiser Permanente psychiatrists make rounds in premier hospitals¹ in Washington, DC, Northern Virginia, and parts of Maryland.

(continued from front)



Digital tools

Our behavioral health team is passionate about helping people. They include a number of specialty areas and staff who are veterans.

- **myStrength:** Features inspirational self-care resources and guided programs targeting stress, depression, sleep issues, and more.
- **Calm:** Features a variety of self-care apps and resources to help you understand and manage your mental well-being.



Mental and emotional health support

Take advantage of classes and screening tools to help you keep your mind, body, and spirit in a healthy balance.

- Condition-specific online classes (some may require a fee)
- Online self-assessment tools
- Personalized behavioral health and wellness plans
- Support groups
- Trusted online communities
- Emotional wellness podcasts



Suicide prevention

Our behavioral health providers and primary care physicians are trained to screen their patients for suicide risk. Because we coordinate care so closely among our providers, we can quickly identify those at risk and get them the care they need right away.



Therapy without a referral

You can make an appointment to see a therapist without a referral from your primary care doctor, and you can change your provider anytime. Call **866-530-8778** (TTY **711**) to schedule your first appointment.



Remote appointments with your doctor

Video visit² appointments let you meet face-to-face with your doctor via your camera-equipped computer or mobile device, without ever leaving home or work. You can also have phone appointments with your doctor.³

¹Offered through our premier hospitals. Kaiser Permanente premier hospitals are independently owned and operated hospitals and are not affiliated entities of Kaiser Permanente.

²Video visits are available to Kaiser Permanente members who have a camera-equipped computer or mobile device and are registered at kp.org. You must be present in Maryland, Virginia, or Washington, DC, for video visits with your primary care physician or behavioral health provider. For urgent video visits with an emergency doctor, you may also be present in West Virginia, Florida, North Carolina, or Pennsylvania. For certain medical or mental health conditions. For video visits with a behavioral health provider, appointments can be scheduled for follow-up care. When appropriate and available.

³Available when you get care in Kaiser Permanente facilities.