



**FIRST RESPONDERS:**  
We care about your  
mental health and wellness

## Care for all that is you

Mental health is an important part of your well-being—your mind, body, and spirit are all connected. We recognize that first responders face new challenges each and every day. Whether you're struggling with stress, depression, or addiction, or navigating another crisis that requires immediate attention, we're here to help. Kaiser Permanente offers:

**Primary care**

As a member, you can talk to your primary care doctor about any mental health concerns, anytime. They'll also perform mental health and substance use screenings and help you with next steps if you need support.

**Specialty care**

If you need specialty care, your care team can connect you to the right resources and refer you to the necessary specialists. No referral is needed to see an in-network mental health care provider.

### Many ways to get care



In person



24/7 advice  
by phone



Phone  
appointment<sup>1</sup>



Video visit<sup>1</sup>



E-visit



Email

For more information on these or other services,  
call **800-777-7902 (TTY 711)** or visit **[kp.org/mentalhealth](https://www.kaiserpermanente.org/mentalhealth)**.

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# Connect to care that's right for you

Let us connect you to care that meets your unique needs and goals.



## Connected care

Your entire Kaiser Permanente care team is connected to each other, and to you, through your digital health record. It's easy for our doctors to consult each other about your care.



## myStrength Complete

You'll have access to myStrength Complete,<sup>2</sup> which is our new mental wellness resource. myStrength Complete is a comprehensive, flexible digital program with proven support solutions and tools, such as:

**Teletherapy.** Connect with a licensed therapist by video or phone appointment seven days a week from the comfort of home.

**Telecoaching.** Meet with a coach by video.

**Digital courses and other tools.** Self-guided access to content based on your interest.

[LEARN MORE](#)



## Support for mental wellness the way you want it

**As a Kaiser Permanente member, you have a wide range of mental health and wellness resources available to you.**

In addition to one-on-one appointments with a mental health professional, members may also speak with a wellness coach, attend health and wellness classes, and access self-care apps<sup>3</sup> at no cost.

**Calm.** The Calm app is the number one app for sleep and meditation, and is designed to help lower stress, anxiety, and more.

**Headspace Care.** The Headspace Care app offers one-on-one support to address many common challenges, including anxiety, stress, relationship issues, and more. Headspace Care's highly trained emotional support coaches are ready to help 24/7.

[LEARN MORE](#)



## Comprehensive care

The National Law Enforcement and First Responder Wellness Center at Harbor of Grace is America's only mental health program providing care exclusively for first responders in crisis. Treatment is from other first responders, and specific areas of focus include:

- 24-hour complimentary mobile crisis intervention
- Specialized care for officers involved in shootings
- Mental health
- Drug and addiction treatment
- Grief and loss
- Trauma / PTSD / complex PTSD
- And more

If you are struggling, seek care now. Make the call:

**443-502-8606.**

<sup>1</sup> When appropriate and available. If you travel out of state, phone appointments and video visits may not be available in select states due to licensing laws. Laws differ by state.

<sup>2</sup> Psychiatry is not included in the myStrength Complete membership. myStrength Complete by Teladoc Health is available to members 18 and older who do not have a Maryland Medicaid health plan.

<sup>3</sup> App services may not be covered under your health plan benefits and may not be subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice.

