



## Care for the whole you

Mental and emotional wellness are important parts of your total health. With rates of reported mental conditions on the rise,<sup>1</sup> it's important to take care of your mind as well as your body. That means living a healthy lifestyle, paying attention to how you feel, and doing simple things to improve your well-being.



### Find your voice

Speak up if you're struggling. The people in your life are there for you, so be honest with your loved ones and your care team. They can't help unless they know you need their support.



### Talk to your doctor

Your doctor is there to advocate for your health. They can connect you with support and help you access care for depression, anxiety, addiction and recovery, and more – without a referral.



### Reach out for help

Kaiser Permanente members have access to a broad range of mental health and addiction care options, with a connected care team ready to help you get the support you need.



Scan the QR code or visit [kp.org/mentalhealth](https://kp.org/mentalhealth) to learn more about mental health resources.

1. Kelly Greenwood and Julia Anas, "It's a New Era for Mental Health at Work," Harvard Business Review, October 4, 2021.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057