



Introducing: Expanded access to mental health care.

Now you have more options to get support, when you need it.

Kaiser Permanente has teamed up with Amwell to offer expanded access to mental health services. In addition to our existing in-person and virtual options for mental health care, you can now schedule a one-on-one video counseling session with an Amwell mental health therapist.^{1,2}

The therapists you see online can help support you through life's challenges, such as:

- Stress
- Anxiety
- Depression
- Bipolar disorder
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)

To schedule a 45-minute counseling session:

Visit kp.org/getcare, and select "Mental health video visit (scheduled) with an Amwell therapist." Then, look for the scheduling link.

Explore other care options at kp.org/getcare:

Chat with a mental health specialist online. Or meet with a Kaiser Permanente therapist or psychiatrist in person, on the phone, or through a video visit.

¹ Therapists available via online video counseling do not prescribe medication. Medicaid members must access behavioral health services through their state-provided benefits and cannot schedule with mental health therapy online.

² When appropriate, available and legally permissible, video visits are offered at no additional cost for most health plans. High deductible plans still subject to applicable copayment, coinsurance, or deductible for these services. Members should review their Evidence of Coverage or call Member Services at 303-338-3800 or 1-800-632-9700 (TTY 711), Monday through Friday, from 8 a.m. to 6 p.m., for plan details, exclusions and limitations. To have a video visit, members must be registered on kp.org and have a camera-equipped computer.