



Mental health and wellness resources for employers

- [Mental Health Ecosystem](#) outlining the many ways to get started with care at KP
- [Addiction care](#) of how to seek care for addiction at KP
- [Virtual](#) and on-site mental health training offerings
- [Burnout](#) and additional mental wellbeing webinars
 - [Burnout Guide](#)
- [Psychologically healthy workplace webinar](#) and [scoresheet](#)
- *On-site education [health classes](#)
- [Mental health and addiction care](#) overview
- [Workforce mental health insights](#)
 - Finding Balance [stress management toolkit](#)
 - Rest and Revive [sleep management toolkit](#)
- [Mental health in the workplace](#) center and articles (including for first responders)
- *Virtual meetings [backgrounds](#)

*Available in Spanish



Mental health and wellness resources for members

- ✎ [Mental Health Ecosystem video](#) outlining the many ways to get started with care at KP
- ✎ [*Mental health content center](#) with information about accessing care and more
- ✎ [*Addiction care content center](#) with information about accessing care and more
- ✎ [*Depression, stress, alcohol, drug, and predict teen use](#) assessments for early intervention
- ✎ [*Health classes and support groups](#)
- ✎ [*Wellness coaching by Phone](#) for stress and sleep
- ✎ [*Personalized healthy lifestyle programs](#)
- ✎ [*Most prescriptions mailed](#) to your door (requires sign-on)
- ✎ [*Self-care apps](#) for meditation, mindfulness and cognitive behavioral therapy
- ✎ [*Self-care resources](#) to help manage depression, reduce stress, improve sleep, and more
- ✎ [*Find Your Words](#) resilience and community mental health support resources

*Available in Spanish

Where to call for mental health and addiction medicine support



Northern California

1-800-464-4000



Washington

1-888-287-2680



Colorado

303-471-7700
1-866-702-9026
(Southern Colorado)



Georgia

404-365-0966
1-800-611-1811



Southern California

1-833-574-2273



**Northwest
(Oregon and
SW Washington)**

1-855-632-8280



Hawaii

808-432-7600 (Oahu)
1-888-945-7600
(Neighbor Islands)



**Mid-Atlantic
(Maryland, Virginia,
and Washington, D.C.)**

1-866-530-8778