

HEALTH COACH

For stress management and life balance issues, call **503-286-6816** or **1-866-301-3866** (option 2).

ADVICE LINE

Call **1-800-813-2000** (TTY 711) 24/7 to talk to a licensed care provider.

PRIMARY CARE PHYSICIAN

Visit kp.org/appointments or call **1-800-813-2000** (TTY 711) to make a phone, video, or in-person appointment.

MENTAL HEALTH AND ADDICTION MEDICINE

For a mental health or addiction medicine assessment, call **503-249-3434** or **1-855-632-8280**.

CRISIS LINE

In a crisis, call **503-331-6425** or **1-866-453-3932**.

SELF-CARE RESOURCES

Visit kp.org/selfcare to get tools and tips or to take a self-assessment.

**FOR MENTAL HEALTH AND WELLNESS,
START HERE**

The first step to getting help is often the most difficult. So wherever you begin, we'll help get you where you need to be.

EMERGENCY DEPARTMENT

In case of emergency, go to the nearest emergency department or call **911**.

WHERE CAN YOU START THE MENTAL HEALTH AND WELLNESS CONVERSATION?

ANYWHERE.