

# Making mental health care access easier, faster, and on your terms

We're pushing the boundaries of care so it's more within reach – the way you deserve it.

## Easier



### More facilities

\$700+ million toward new mental health facilities and providers over the next 7 years



### More therapists

30% more mental health therapists since 2015



### More control

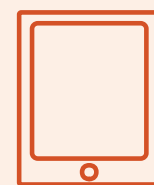
Your doctor, your choice – 0 referrals needed for mental health care with Kaiser Permanente

## Faster



### Psychiatry by phone and video

Leading to earlier assessments and faster access to care



### Tech-enabled facilities

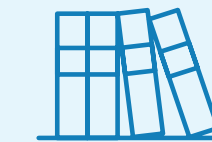
Getting you immediate, more personalized attention for urgent health care needs



### Online self-assessments

Helping you gauge depression, alcohol use, and stress levels anytime

## On your terms



### Podcasts and toolkits

For support managing stress, sleeping better, and more



### Classes and support groups

For help building relationships, changing unhealthy behaviors, and coping with stress



### Wellness coaching by phone

For 1-on-1 support to overcome obstacles and achieve your goals

Explore your care options at [kp.org/builtforyou](https://kp.org/builtforyou)