

Mental health & wellness resources

Learning that you've inherited a higher risk of getting cancer may bring on a rush of emotions for you and your family. Taking care of your mental health is just as important as your physical health — and we're here to support you.

Online resources



FindYourWords is a Kaiser Permanente resource with tools to help you build emotional well-being and resilience.

Learn more at findyourwords.org

Self-care apps



Calm is one of the top apps for meditation and sleep, offering guided meditations, self-care programs taught by world-renowned experts, mindful movement videos, and more.¹



myStrength brings you a personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support.^{1,2}

Both apps are available at no cost to our adult members. Get started at kp.org/selfcare.

1. The services described above are not covered under your health plan benefits and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice. 2. myStrength® is a wholly owned subsidiary of Livongo Health, Inc.

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Wellness coaching

We offer wellness coaching over the phone at no additional cost for members.

To schedule a session, call **1-866-251-4514** or visit kp.org/wellnesscoaching

Health education classes and programs

Join us for on-site classes and online programs and tools to help you cope with anxiety, manage stress or depression, strengthen relationships, eat healthier, improve fitness, and more.³

To find programs and classes near you, visit healthy.kaiserpermanente.org/health-wellness

Counseling and mental health services

You can connect to a variety of services to get the care you need.

- **Primary care** — Begin by talking with your primary care doctor about what resources might be best for you.
- **Genetic counseling** — Reconnect with your genetic counselor to learn more about inherited risk and discuss your feelings about how you process this information.
- **Mental health services** — Visit kp.org/mentalhealth or call your local medical center to get connected to services. You don't need a referral to get started.

Learn more at kp.org/mentalhealth

Peer support in the community

If you'd like to talk to someone who's had a similar experience, these organizations offer free one-on-one peer support.⁴

- **Facing Our Risk of Cancer Empowered (FORCE)** facingourrisk.org
A national nonprofit that provides support, education, and awareness to help those facing hereditary breast, ovarian, uterine, and related cancers.
- **Bright Pink** brightpink.org
A national nonprofit organization focused on prevention and early detection of breast and ovarian cancer in young women.
- **AliveAndKickn** aliveandkickn.org
A national nonprofit advocacy organization supporting individuals and families affected by Lynch syndrome.

Need help now?

If you think you need support immediately, please reach out for help.

- Kaiser Permanente appointments and 24/7 advice
1-866-454-8855 (TTY 711)
- National Suicide Prevention Lifeline
1-800-273-TALK (8255)
- Text "WORDS" to **741741** to start a text chat with the Crisis Text Line.
- Call **911** or go to the nearest emergency room if you think you are having a psychiatric emergency.

³. Some classes require a fee and classes may vary by location. ⁴. Kaiser Permanente does not endorse the organizations mentioned. Any trade names listed are for easy identification only.