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.¹²

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.
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.