Need to talk? We're here to help

Kaiser Permanente cares about your total health – mind, body, and spirit. That's why mental health care and treatment are part of your plan, and why we now offer 10 convenient locations in greater Sacramento.

Map not to scale

● **Elk Grove Mental Health and Wellness**
Scheduled to open in November 2018

kp.org/getcare

Your partner in care

If you're feeling stressed or anxious, or just need to talk, give us a call and we'll help you select the options that are right for you.

- Our mental health teams are passionate about helping people.
- You don't need a referral from your doctor to see a therapist.
- You can change your therapist anytime. We want to help you get the right fit.

Types of care we offer

Everyone's health and wellness journey is unique. You'll work with your care providers or therapist to develop a personalized treatment plan, which could include:

- Counseling and therapy
- Depression and anxiety treatment
- Medication management
- Crisis intervention
- Treatment for substance use disorders
- Adult, child, and adolescent mental health
- Classes and support groups[3]
- Phone appointments and video visits are available[4]

We can help with

- Anxiety and stress
- Attention deficit hyperactivity disorder
- Autism spectrum disorder
- Bipolar disorder
- Depression
- Eating disorders
- Obsessive-compulsive disorder

Help is just a phone call or a click away – 24/7

We'll ask you a few questions about your situation, then help you select a care option.

- Sacramento, Roseville, Rancho Cordova, and Folsom
  916-973-5300
- South Sacramento and Elk Grove
  916-525-6100

Visit **kp.org/getcare**. Click on "Mental health and wellness" to learn more about your treatment options and other locations in Northern California.

For emergency care

If you think you have a medical or psychiatric emergency, call **911** or go to the nearest hospital.[5]

Mental health services offered near you:

Sacramento

Howe Ave. Mental Health and Wellness
2031 Howe Ave., Suite 200
(adult mental health services)

Railyard Medical Center
906 G St., 5th Floor
(adult, adolescent, and child mental health services)

Sacramento Medical Center
2008 Morse Ave.
(adolescent and child mental health services)

Rancho Cordova

Rancho Cordova Medical Offices
10725 International Dr., 2nd Floor
(adult mental health services)

Roseville

Roseville Medical Center
1660 E. Roseville Pkwy., Suite 100
(adult, adolescent, and child mental health services)

Folsom

Folsom Medical Offices
2155 Iron Point Rd., 2nd Floor
(adult, adolescent, and child mental health services)

South Sacramento area

South Valley Centre
8247 E. Stockton Blvd.
(adult mental health services)

Wyndham Building
7300 Wyndham Dr., 2nd Floor
(adult, adolescent, and child mental health services)

Elk Grove

Elk Grove Medical Offices
9201 Big Horn Blvd., 2nd Floor
(adult, adolescent, and child mental health services)

Elk Grove Mental Health and Wellness
9324 W. Stockton Blvd.
(adult mental health services)
Scheduled to open in November 2018

Fighting stigma

80%

understand that those living with depression and other mental illnesses face stigma.[1]

Treatment works

More than

8 in 10

people treated for depression improve.[2]

Kaiser Permanente does not discriminate on the basis of age, race, ethnicity, color, national origin, cultural background, ancestry, religion, sex, gender identity, gender expression, sexual orientation, marital status, physical or mental disability, source of payment, genetic information, citizenship, primary language, or immigration status.

Language assistance is available at no cost to you, 24 hours a day, 7 days a week. You can request interpreter services, materials translated into your language, or in alternative formats. Just call us at **1-800-464-4000,** 24 hours a day, 7 days a week (closed holidays). TTY users call **711.**

Contamos con asistencia de idiomas sin costo alguno para usted 24 horas al día, 7 días a la semana. Puede solicitar los servicios de un intérprete, que los materiales se traduzcan a su idioma o en formatos alternativos. Solo llame al **1-800-788-0616,** 24 horas al día, 7 días a la semana (cerrado los días festivos). Los usuarios de TTY, deben llamar al **711.**

您每週7天，每天24小時均可獲得免費語言協助。您可以申請口譯服務、要求將資料翻譯成您所用語言或轉換為其他格式。我們每週 7 天，每天 24 小時均歡迎您打電話**1-800-757-7585** 前來聯絡（節假日 休息）。聽障及語障專線 (TTY) 使用者請撥 **711**。

[1]Kaiser Permanente – commissioned KRC Research survey.

[2]Mental Health America.

[3]Some classes may require a fee.

[4]When appropriate and available.

[5]If you reasonably believe you have an emergency medical condition, call 911or go to the nearest emergency department. An emergency medical condition is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage* or other coverage documents.

Please recycle. 61144408 November 2018

Total health for your mind, body, and spirit

Mental health services in greater Sacramento

KAISER PERMANENTE®