

SELF-CARE

PRIMARY CARE

SPECIALTY CARE

EMERGENCY CARE

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

SELF-CARE RESOURCES
Visit kp.org/classes or take the depression self-assessment at kp.org/depression.

ADVICE NURSE
Talk to an advice nurse 24/7 at **1-800-813-2000** (TTY 711).

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**.

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

**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.

WHERE CAN YOU START THE MENTAL HEALTH AND WELLNESS CONVERSATION?

ANYWHERE.