

Take the first step!

Your well-being is important.

If you're enrolled in:



Try this:

Crisis

24/7 access to Mental Health Counselor.

1-800-900-3277 (ENG)
1-800-788-0616 (SP)

Non-crisis

Primary Care Physician screenings for access to necessary resources, specialists and telehealth.

1-800-290-5000
1-888-576-6225 (After Hours)

Website

kp.org/mentalhealth

Apps

MyStrength

To improve your awareness and adapt to life.

Calm

For meditation, mental resilience, and sleep.

Member Support

24/7 access to representatives in English or Spanish.

Mexico
664-231-4747
01 800 827 3642

USA
1-888-661-4833

General Numbers (USA)
1-800-424-4652
619-407-4082
Option 1 Tijuana
Option 2 Mexicali
Option 5 English

Behavioral Health Resource Line

24/7 access to clinician for triage.

1-844-792-5141

Video chat by appointment

For members who are ready to speak with a licensed therapist, psychologist or psychiatrist.

LiveHealthOnline.com

Apps

MyStrength

Self-paced, interactive tool to access educational tips and tricks to help manage stress, anxiety, sleep troubles, and much more!

Nurse Advice Line

24/7 access to Military Health System Nurse Advice Line for advice/ to schedule an appointment.

1-800-874-2273, Option 1

Web chat and video chat:
MHSNurseAdviceLine.com

Website

www.tricare.mil/CoveredServices/Mental

Contact the Veterans Crisis Line immediately if the Veteran or Service member in your life is showing signs of crisis, such as:

- Talking about feeling hopeless
- Experiencing anxiety or agitation
- Increasing risky behaviors or substance use

1-800-273-8255, Press 1

Website

www.mentalhealth.va.gov/

1 in 5 adults in the U.S. experiences a mental illness. Half of U.S. employees have above average or high stress, and 32% have suffered from severe stress, anxiety or depression in the last two years.