

## Behavioral Health Services Southern California

We take care of the whole you. Your personal physician coordinates your care with a mental health specialist or team that can diagnose mental health issues that affect your health and well-being.

Combining research and clinical expertise, we ensure that your care benefits from the most recent advances in medical and behavioral science, and we work with you to find the most effective treatment for you, based on your needs and comfort level.

### **Your care begins with you**

Depending on your needs, you can choose from a wide range of services:

- **Call or email your doctor.**
- **Make a non-urgent appointment online** with your doctor.
- **Call to make an appointment for therapy and other counseling services.** Use our location finder to get the phone number of the mental health, behavioral health, or psychiatry department in your area.
- **Talk to an advice nurse** by calling the advice telephone number listed in our location finder.
- **Speak with a wellness coach** about issues that include stress management and life balance. They can help you explore options to meet your health goals. **Call 1-866-862-4295 (toll free)**, Monday through Friday from 7 a.m. to 7 p.m. to make an appointment with a coach.
- **Take a class** to help you make lasting, healthy lifestyle changes.

### **Emotional and behavioral problems**

We offer services for children, teens, families, and adults dealing with emotional and behavioral problems, such as:

- depression
- anxiety
- attention disorders (ADHD)
- alcohol and other chemical dependency

### **In an emergency**

We care about your health and helping you make wise care decisions. Understanding what kind of care you need is important.

**If you think you have a medical or psychiatric emergency, call 911 or go to the nearest hospital. Do not attempt to access emergency care through this website.**

If you have an urgent symptom or you want to speak with a nurse, do not use this website. Instead, please call your local Kaiser Permanente facility.