

Your Mental Health Matters

Your physical health may affect your mental health – and vice-versa. Living with a chronic condition may affect many areas of your life, including your mental health.

Living with a long-term physical condition may cause you to feel tired, frustrated, worried or stressed, and may make you more likely to develop mental health issues such as depression and anxiety.¹

Caring for your mental health when you have a physical health issue can make a big difference to your overall well-being.²

Kaiser Permanente members have access to a broad range of mental health resources, with a connected care team ready to help you get the support you need.


Talk to your primary care doctor about any mental health concerns. You can also talk about your concerns with anyone on your care team and they can connect you to the support you need.

Choose the care that’s right for you:

- In-person appointments — call 808-432-7600 (Oahu) or 1-888-945-7600 (neighbor islands) or TTY 711
- After hours care — contact Hawaii CARES 988 by calling or texting 988
- 24/7 advice line — call 1-833-833-3333 OR TTY 711
- For more information, visit kp.org/mentalhealth

[1] <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/long-term-physical-conditions-and-mental-health>

[2] <https://www.nhs.uk/every-mind-matters/life-challenges/healthissues/#:~:text=However%2C%20a%20long%2Dterm%20physical,feelings%20around%20discrimination%20or%20stigma>



Chronic Disease & Mental Health

Prioritize Your Mental Health


Did you know that nearly 20% of adults in Hawaii experience mental health challenges?¹ As conversations around mental health become more common, knowing where to start can still be challenging. Explore our updated [mental health resources page](#) for programs and support available to you and your loved ones.

Telehealth makes it easier than ever to access the help you need. HMSA’s Online Care[®] connects you with a therapist or counselor at no cost from the comfort of your home. Visit hmsa.com/onlinecare or download the free app in the Apple App Store or Google Play Store.

HMSA’s [Behavioral Health Program](#) provides condition-specific resources, education, and other support services. We can also make referrals to behavioral health providers and provide case management services.

To learn more about health and well-being programs, [visit hmsa.com/eutf](#), click Member Resources, and Well-being resources or call 1-855-329-5461, option 1. It’s never too soon to seek help.

Amwell is an independent company providing hosting and software services for HMSA’s Online Care platform on behalf of HMSA.



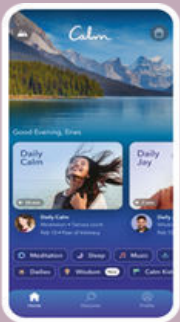
Magellan Healthcare, Inc., doing business as Magellan Hawai’i, reviews mental health and/or substance use disorder treatment for HMSA members.

¹ Source: <https://bh808.hawaii.gov/mental-health/>

Mental Health Benefits

Kaiser Member Resources

- Member Resources are available at kp.org/mentalhealth. Get more information on mental health care options such as therapy and health classes
- Member get free access to two wellness [self-care apps](#) that can help guide you through life’s challenges and improve your sleep, mood and more.
 - Calm-The number one app for sleep and meditation, designed to help lower stress, anxiety and more.
 - Headspace-Get help with stress, focus, and more through guided resources and one-on-one coaching with an emotional support coach, anytime, anywhere.





HMSA Member Resources

- Member Resources are available on [HMSA’s Mental Health Resource Page](#). Learn more about ways to care for yourself, and caring for you family.
- Checkout [HMSA’s Well-Being resources and programs](#).


Caring for yourself


Taking care of your mental health is just as important as taking care of your physical health. Here are some resources to help you recognize and address signs of stress, anxiety, and related afflictions.



[Tips to Manage Stress](#) 

HMSA’s Island Scene website



[Hawaii Youth get Mental Health Support](#) 

HMSA’s Island Scene website