

# finding balance one step at a time

## BEHAVIORAL HEALTH RESOURCES



At Kaiser Permanente, we take care of the whole you.

When life gets overwhelming and pressure starts to build, it's important to take time to focus on your emotional wellness.

To help care for the whole you, we offer comprehensive Behavioral Health services. For information, please contact:

- Denver/Boulder – Kaiser Permanente Behavioral Health Access Center  
**303-471-7700 (TTY 711)**
- Mountain Colorado – Beacon Health Options  
**1-866-702-9026 (TTY 1-866-835-2755)**
- Northern Colorado – Kaiser Permanente Behavioral Health  
**1-866-359-8299 (TTY 711)**
- Southern Colorado – Beacon Health Options  
**1-866-702-9026 (TTY 1-866-835-2755)**

You can also find valuable clinical information, assessment tools, classes, and podcasts at **kp.org** for common issues like: advanced care planning, alcohol and drug abuse, anxiety, coping with change, domestic violence, eating disorders, grief and loss, integrated disability management, and Post-Traumatic Stress Disorder (PTSD).

In addition to our Behavioral Health services, we recommend these helpful websites:

- **kp.org/mentalhealth**
- **findyourwords.org**
- **letstalkco.org**
- **crisistextline.org**
- **mentalhealthamerica.net**
- **nami.org**
- **suicidepreventionlifeline.org**