

Feeling anxious or depressed during this public health emergency?



SOUND HEALTH
& WELLNESS TRUST

With the recent COVID-19 outbreak, we wanted to remind you that the Trust offers virtual care with licensed mental health providers for both PPO and Kaiser Permanente Plan participants.

FOR PPO PLAN PARTICIPANTS:



Doctor On Demand's diverse team of licensed psychiatrists and psychologists can provide the emotional support you need from the privacy and comfort of home. This program is available for the next six months and is fully paid for by the Trust. Visit <https://soundhealthwellness.com/ppo/benefits/doctor-on-demand/> to sign up.

FOR KAISER PERMANENTE PLAN PARTICIPANTS:



You can call the KPWA Mental Health Access Center at **1-888-287-2680** or **(206) 901-6300** to schedule a phone or video visit. A trained clinician will ask a few questions, and help match you with a counselor or other specialist.

Please remember: If you're having a medical or mental health emergency, call 911 or go to the nearest emergency room.