



Get mental health resources and support *today!*



Your mental and physical health go hand in hand. When one feels off, it can often affect the other. Stress, worry and other struggles can make things harder, but you don't have to face them alone.

Your health plan gives you access to mental and behavioral health resources that are here to support you and help you feel your best.

Moda Health members



Support that fits your life

As a Moda Health member, you have options. Our Behavioral Health 360 program gives you different ways to access mental health support. Whether you want the personal guidance of a Behavioral Health Champion or the privacy of taking a Self-Guided Assessment, Moda makes it easy to find the mental health support that's right for you.



Behavioral Health Champions

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Behavioral Health Champions



Self-Guided Assessment

Go to the “Behavioral Health 360” tab in your Member Dashboard to complete the Self-Guided Assessment. You’ll complete a series of questions to help identify the best behavioral health resources for you.

[Take the Self-Guided Assessment](#)

Spring Health

Spring Health

Get quick access to mental health telehealth services right from home. Using your phone, tablet or computer, Spring Health connects you with a licensed care navigator to help you create a personalized care plan in areas you need help with.

[Explore Spring Health](#)

Get started today!

Just log in to your Member Dashboard to learn more and start using your mental health benefits today. Let us help you get back to feeling your healthy best!

[Log in to your Member Dashboard](#)

Don't already have an account?

Creating one is easy. [Go to the Member Dashboard login page](#) and select “Create an account” to enter your information.

Be sure to have your member ID card handy.

Health plans provided by Moda Health Plans, Inc. | [Moda Health Privacy and Transparency Center](#)

Kaiser Permanente members



Kaiser Permanente: Your Mental Health Partner

No matter where you are on your mental health journey, Kaiser Permanente is here to support you every step of the way. Appointments for mental health services can be made without a referral. You can book therapy sessions directly on your Kaiser Permanente app by selecting “Schedule Appointments” and “Mental Health.”

You have the option to book directly on our app with a Kaiser Permanente provider or you can call to learn more about our contracted community providers. Learn more about accessing mental health services at Kaiser Permanente here: [Mental Health Services](#) | [Kaiser Permanente](#).

[Explore Mental Health Services](#)



Exclusive App Access

Kaiser Permanente members with medical coverage have access to the Calm and Headspace apps at no additional cost. Calm and Headspace are available to members age 13 and over.

Access these digital self-care tools here:

[Digital Self-Care Tools for Mental Health](#) | [Kaiser Permanente](#)

[Explore Self-Care Tools](#)



Wellness Coaching

Wellness Coaching by phone is available to Kaiser Permanente members at no additional cost, and no referral is required. Partnering with a wellness coach can help you manage your weight, reduce stress, quit tobacco, eat healthier or increase activity.

Call 1-866-862-4295 to make an appointment or learn more here:

[Wellness Coaching by Phone](#) | [Kaiser Permanente](#)

Explore Wellness Coaching



Substance Abuse Support

If you are struggling with substance use, you are not alone.

[Visit kp.org/recovery](http://kp.org/recovery) to explore your options and get the support you need.

Explore your options

If you're not a Moda or Kaiser member, please check your medical plan to see what mental health resources are available to you.