Chat with a Mental Health Specialist allows you to connect online, in real time, for assistance with mental health concerns or conditions. By answering a few questions, our specialists can get you to the right resources or level of care.

Explore your care options at kp.org/getcare.

Get help with questions about:
- Stress
- Depression
- Constant worry
- Frequent loneliness or sadness
- Exhaustion and excessive sleep
- Unhealthy drinking
- Drug use
- Other mental health concerns

Our specialists can also schedule a behavioral health appointment for you, if needed. And you can use chat for support in between appointments.

How do I use chat?
If you are registered on kp.org, simply log on, choose the “Get Care Now” button, and then select “Start a chat now.” You can also chat with a doctor on the Kaiser Permanente mobile app.

When can I use chat?
Monday through Friday, from 8:30 a.m. to 6:30 p.m.