


STRESS / ANXIETY / DEPRESSION

At-A-Glance Options
At Kaiser Permanente
In Santa Clara.

INDIVIDUAL APPOINTMENTS

Telephone Wellness Coach	Whether you're trying to get more active, eat better, manage your weight, quit tobacco, handle stress, or conquer sleep concerns, your personal coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7pm and Sat 8:30am-5:00pm. Offered in English and Spanish.	1-866-251-4514 kp.org/healthcoach
Depression Care Team	Your doctor might refer you to the Depression Care Team for additional support and/or follow up by telephone or e-mail. This team includes a Pharmacist and a Program Assistant.	Doctor Referral

IN-PERSON CLASSES

Pathways to Emotional Wellness	One session. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. You'll also explore a variety of other resources to help you feel better and thrive.	Health Education 408-851-3800
Managing Your Stress	Six sessions. Learn about how emotions and thoughts affect health. Learn about stress and stress management.	
Understanding Your Anxiety	Six sessions. Overwhelmed by anxious feelings? In this class, learn about causes, symptoms and treatments for anxiety. Find out what you can do to manage your anxiety and fully enjoy your life.	
Managing Depression Series	Six sessions. Depression is very common. This class will help you to feel better and understand causes, symptoms & treatments of depression.	
Introduction to Meditation & Relaxation	Two sessions. Learn basic meditation practices. Including body posture and breath awareness, two of the most important aspects of meditation.	
Breath of Yoga	Three sessions. Learn a profound breathing technique providing the benefits of yoga without using postures. A powerful energizer to help cleanse deep-rooted stress.	
Improving Your Sleep	Five sessions. This class is designed to help improve the quantity and quality of your sleep. This class does not address medical conditions that interfere with sleep.	

ONLINE RESOURCES

Relax™	An online HealthMedia® Program with an individually tailored plan for handling stress. Discover what causes your stress & find ways to manage it.	kp.org/healthylifestyle
Overcoming™ Depression	An online HealthMedia® Program that can help you gain greater control over your depression— and work toward feeling better.	kp.org/healthylifestyle
Stress (guided imagery podcast)	A free podcast for stress relief you can download to an mp3 player or listen to online.	kp.org/listen

MOBILE APPLICATION

iCope	Inspirational messages. Encouraging words. From the best author to write them...YOU.	Intellicare app
Thought Challenger	A negative thought bothering you? Catch it. Check it. Challenge it.	Intellicare app
Boost Me	When stressed or low, get more pleasure, accomplishment. Get a boost.	Intellicare app