

## Resources Offered from Kaiser Permanente



### **Social and Community Health Resources**

- [Housing and Food Assistance Resources](#)
- Tips for [Coping with Loneliness](#) and [Connecting With Others](#)
- Identify [Healthy Relationships](#) and [Risk for Abusive Relationships](#)

### **Mental Health Resources**

- [Understanding Mental Health](#) and How to Get Help through Kaiser
- [Emotional Well-being Tools](#)
- [Depression self-assessment](#)
- [Guided Audio Meditation through Kaiser Permanente](#)

### **Healthy Lifestyle Resources**

- [Total Health Assessment](#)
- [Healthy Lifestyle Programs](#)
- [Log into Kaiser to access FREE Wellness Coaching](#)
- [Heart Health](#)
- [Wellness Videos](#)
- [Fitness Deals and Discounts](#)