

# Mental Health Care Options

There are many kinds of mental health care. Common options are self-management, therapy and medications.

If mental health problems are severe an intensive outpatient program, partial hospital stay, residential treatment program, or inpatient hospital stay may be needed to help restore mental health.

## Self-Management

Knowing what helps reset our mood is important for mental health. For example, staying active, exercising, mindful meditation, enjoyable or meaningful activities, journaling and socializing. Local or online support groups can also help.



## Therapy

Therapy helps change the way we think about things. It also helps deal with the things that cause stress. Mental health professionals, such as a social workers or psychologists, use methods like Motivational Interviewing (MI) or Cognitive Behavioral Therapy (CBT). Therapy can be with one person, couples, families, or small groups with the same mental health concerns.



## Medications

Medications adjust brain chemicals to improve mental health. Common medications are selective serotonin reuptake inhibitors (SSRIs) or serotonin-norepinephrine reuptake inhibitors (SNRIs). Examples are fluoxetine (Prozac), escitalopram (Lexapro), sertraline (Zoloft), and duloxetine (Cymbalta).

## Intensive Outpatient Programs (IOPs)

IOPs are an option for people who may be helped by more support. They provide therapy (often in a group) and medication management. The program is often 3 hours a day, 3 to 4 days a week, for 1 to 2 months. The program can be online or in person.

## Partial Hospitalization Programs (PHPs)

PHPs are like IOPs but meet for more hours each day and more days a week. They also have more structure and supervision.

## Inpatient Hospital Stay

An Inpatient Hospital stay is done in a psychiatric hospital to provide a secure and safe space for mental health treatment. Most stays are less than 30 days.

## Residential Care

Residential Care is like inpatient care but takes place in a more home-like setting. It often lasts for more than 90 days. Staff members include psychiatrists, therapists, counselors, nurses, and dietitians.