

## Mental Health Care Options

There are many different types of mental health care. People often use some combination of:

- **Self-management** – physical activity, meditation, journaling, hobbies, social support, etc.
- **Therapy** – attending individual, couple, family, and/or group therapy in person or virtually
- **Medication** – taking one or more medications

If mental health problems are severe or limiting daily activities, there are additional options.

**Intensive outpatient programs** (IOPs) provide therapy, mostly in a group setting, and medication management. Programs are usually 3 hours per day, 3-4 days per week, for 1-2 months and can be in person or virtual.

**Partial hospitalization programs** (PHPs) are similar to IOPs but meet for more hours per day and more days per week. PHPs generally have more structure and supervision than IOPs.

**Inpatient hospitalization** provides a secure environment for mental health treatment. Inpatient care generally does not last for more than 30 days.

**Residential care** offers longer and more intensive treatment through a structured live-in program that helps to promote healthy routines. Staff members typically include psychiatrists, therapists, nurses, and dietitians.