

Treatment Settings



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Treatment is not one size fits all. Where you go for mental health care treatment depends on your situation and needs. Knowing where to go can lessen confusion and stress.

Private Practice

A professional in private practice may work from an office or their home. Meeting weekly, bi-weekly or monthly can give a person better understanding of relationships, feelings, and behaviors. They learn to manage symptoms to lessen the risk of relapse.

Community or County Mental Health Centers

These centers can give medical procedures or tests. They can teach a client how to manage taking medication, give case management and other treatment services. Centers may refer clients for jobs, programs, therapy and other services. These centers may give services when going to a doctor or therapist is not possible. Different types of health professionals work at these centers to give a wide range of services.

Emergency Rooms

Go to the emergency room when it's impossible to get treatment, or in situations where someone's safety is at risk, such as:

- A suicide attempt
- Threatening actions against another person
- Hearing voices or paranoia
- Drugs or alcohol abuse

If you are calling 911, make sure to tell them that it is a "mental health emergency" and ask for emergency responders with Crisis Intervention Team (CIT) training.

Hospitalization

Hospitals are designed to be safe place for extreme treatments. This can involve observation, changing or adjusting medications, correcting a harmful living situation, etc. A person can be in the hospital by choice. If a person is very ill and refuses to go to the hospital, they may be forced to be hospitalized. The rule for this is that a person is a "danger to their own self or to others." Hospital stays can last 3 days, or longer if needed.

Partial Hospitalization or Day Hospitalization

Partial hospitalization provides care and monitoring for a person who may be having acute psychotic symptoms without being a danger to self or others. It allows a person to return home at night and is much less disruptive. It can also be used as a transition from inpatient hospital care before a complete return home.

Substance Abuse Centers

Some people with mental health conditions also have substance abuse concerns. This includes:

- A facility to detox
- Acute Residential Treatment (ART).
- Intensive Outpatient Programs (IOP).