

MENTAL HEALTH AWARENESS MONTH

EXPLORING TREATMENT OPTIONS



Seeking help for mental health concerns requires courage and bravery. By proactively seeking support, individuals embark on a journey towards enhancing their overall well-being and life quality. Whether one opts to consult a therapist, support group, or a trusted medical provider, it is essential to understand that support is available along the path to improved mental health.

Types of Treatment

Psychotherapy

Talk therapy is a form of treatment that involves talking to a trained mental health professional to address emotional and psychological issues. This type of therapy aims to help individuals understand their feelings, thoughts, and behaviors, as well as develop coping strategies to deal with challenges in their lives. Talk therapy can be conducted one-on-one, as a family or couple, or in a larger group setting. The ultimate goal of talk therapy is to promote mental well-being, improve relationships, and enhance overall quality of life.

Medication Management

There are many medications available to relieve symptoms of most mental health conditions. If you and your healthcare provider agree that medication is helpful for your mental well-being, ask about potential risks, side effects, and any interactions with specific foods, alcohol, or other medications. It is crucial to adhere to the prescribed dosage and schedule while monitoring your medication intake daily.

Inpatient Services

Inpatient services offer a wide range of interventions, such as medication management, individual and group therapy, behavioral therapy, and psychoeducation. The goal of these services is to stabilize acute symptoms, provide crisis intervention, and begin the recovery process. This type of care offers a structured environment where patients can focus on their mental health without the distractions and stressors of the outside world.

Outpatient Services

Outpatient services allow individuals to receive treatment while continuing to live at home and engage in their daily activities. This could be a daytime or nighttime Intensive Outpatient Program (IOP) or Partial Hospitalization Program (PHP) where people receive care such as therapy, medication, and support groups scheduled at regular intervals. Outpatient services are suitable for those with less severe mental health concerns or those who have completed an inpatient program and are transitioning back to their regular routine.

CorpCare's Employee Assistance Program is here to help! If you are interested in adding confidential, caring, professional assistance for your team, call

877.843.6036

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