

Mental health treatment can take place in a variety of settings, depending on an individual's desires, needs, and preferences. These settings may include a clinic, hospital, a therapist's office, or at home.

Recovery comes in many forms. We often think first about medical and clinical treatment, but a supportive community, a stable and safe home, and purpose are central to beginning and maintaining a cycle of recovery. To the left, SAMHSA's Recovery Model illustrates this framework.



**Outpatient mental health treatment** is any treatment that doesn't involve an overnight stay. Below are settings where outpatient mental health services can take place.

### Therapy

Clients go to therapy to learn new skills and talk through difficult thoughts and situations. Therapy can happen one-on-one, or as a couple, family or group. Before starting therapy, make sure you understand if they accept your insurance, and if there are any out-of-pocket costs. Learn more: ([link to MH professionals page for therapists](#))

### Psychiatry

Clients see a psychiatrist when they are interested in mental health medication. Psychiatrists are doctors who have more detailed mental health knowledge than family doctors. It can be hard to find a psychiatrist, and not all are covered by insurance. Learn more: ([link to MH professionals page on prescribers](#))

### Telepsychiatry/Telemental Health Services

Many websites and apps offer mental health support through a computer or smartphone. Some take insurance while others may have a flat fee for those interested. Clients can use these services in an office or at home. Some outpatient community-based settings may offer telemental health services.

### **Intensive Outpatient Programs (IOPs)**

Clients attend programs 3-4 hours of the day, most days of the week, for a few weeks. These programs are often in the evening. These programs can focus on mental health conditions and/or substance use. They can include group therapy, individual therapy and education. They are usually overseen by a doctor.

### **Partial Hospitalization Programs (PHPs)**

PHPs are similar to IOPs, but usually 6+ hours of the day and happen during the day.

# Mental Health Treatment Settings

2 of 3: Outpatient Treatment Settings