

What this Guide is About:

You're concerned about your child and think they may need mental health support, but where do you start? When they have a sore throat or get injured in sports, you know where to go - whether it's your primary care provider, urgent care, or the ER. What about when it's their mental health rather than their physical health? There are also differing levels of care depending on severity, just like with physical illness or injury. But most of us are not as familiar with these services, and it can be confusing and somewhat daunting.

This guide is meant to help you learn about the different types of mental healthcare and when your family might benefit from each. While it may be hard for you to know exactly what your child needs, there are professionals who can help guide you. Think of this as a starting point in learning how to find help. Other resources might include your child's primary care provider or school counselor.



Clinically Reviewed by:

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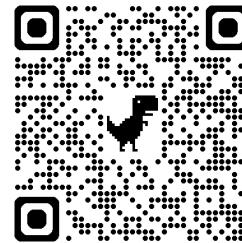
About the Jack Duffy Empowerment Foundation:

We are a 501(c)3 dedicated to promoting personal empowerment of physical and mental health, particularly for teens and young adults. We support overall mental health and suicide awareness, research, and education; and we work with other non-profit partners to expand our impact.

For more information, visit our website at the link below.



Jack Duffy Empowerment Foundation
tinyurl.com/JackEmpowers



Family Guide to Mental Health Services



**Jack Duffy
Empowerment
Foundation**

TYPES OF MENTAL HEALTH SERVICES/LEVELS OF CARE

Peer Support

- Support provided by trained individuals who have shared lived experience with a mental health condition
- Non-urgent support used alone or with traditional clinical services
- **Montgomery County Teen Talk Line:**
Call 866- 825-5856, Text 215-703-8411



No Judgment. Just Help.

Crisis Support

- Immediate, short-term support and intervention for an individual experiencing a mental health crisis, aiming to stabilize the situation and keep the person safe
- May include phone/text and mobile support
- **Suicide & Crisis Lifeline:** ***call or text 988***
- **Crisis Text Line:** ***text 741741***

Mental Health Urgent Care

- “Walk-in” clinic that provides rapid access to mental health assessment and short-term treatment for individuals experiencing a mental health crisis or needing immediate support for mental health concerns
- Provides an alternative to emergency room or crisis services

Outpatient Therapy

- Traditional talk therapy or counseling provided outside of a hospital or residential setting (in person or virtual) that follows various evidence-based approaches
- May be individual, group, or family-centered
- Helpful in routine management of mental health

Intensive Outpatient Program (IOP)

- Structured outpatient treatment (primarily group therapy) 3-5 days/week, allowing individuals to maintain daily routines
- May be an alternative to hospitalization when regular outpatient therapy seems insufficient OR as step-down care following inpatient treatment



Partial Hospitalization Program (PHP)

- Structured outpatient treatment typically involving several hours of therapy 5-7 days/week as well as medical management
- For those who may require more structure and/or a higher level of care than IOP but don't need 24-hour inpatient hospitalization

Inpatient Hospitalization

- Intensive treatment provided in a hospital for stabilization of a serious mental illness, where a patient can be diagnosed, closely monitored for safety, and have medications managed
- May be provided in a psychiatric hospital or mental health unit of a general hospital

Residential Treatment Program

- Non-hospital setting providing 24-hour supervision and structured, intensive treatment for mental health conditions, often including therapies, medication management, and support services
- Typically provided for a longer period of time than a hospital

Common Provider Types Seen Across Settings

Counselor - provides various types of talk therapy

- Licensed Professional Counselor (LPC)
- Licensed Clinical Social Worker (LCSW)
- Licensed Marriage & Family Therapist (LMFT)
- Psychologist (PsyD, PhD)

Psychiatrist (MD, DO) - can prescribe medication

