

Types of Mental Health Care

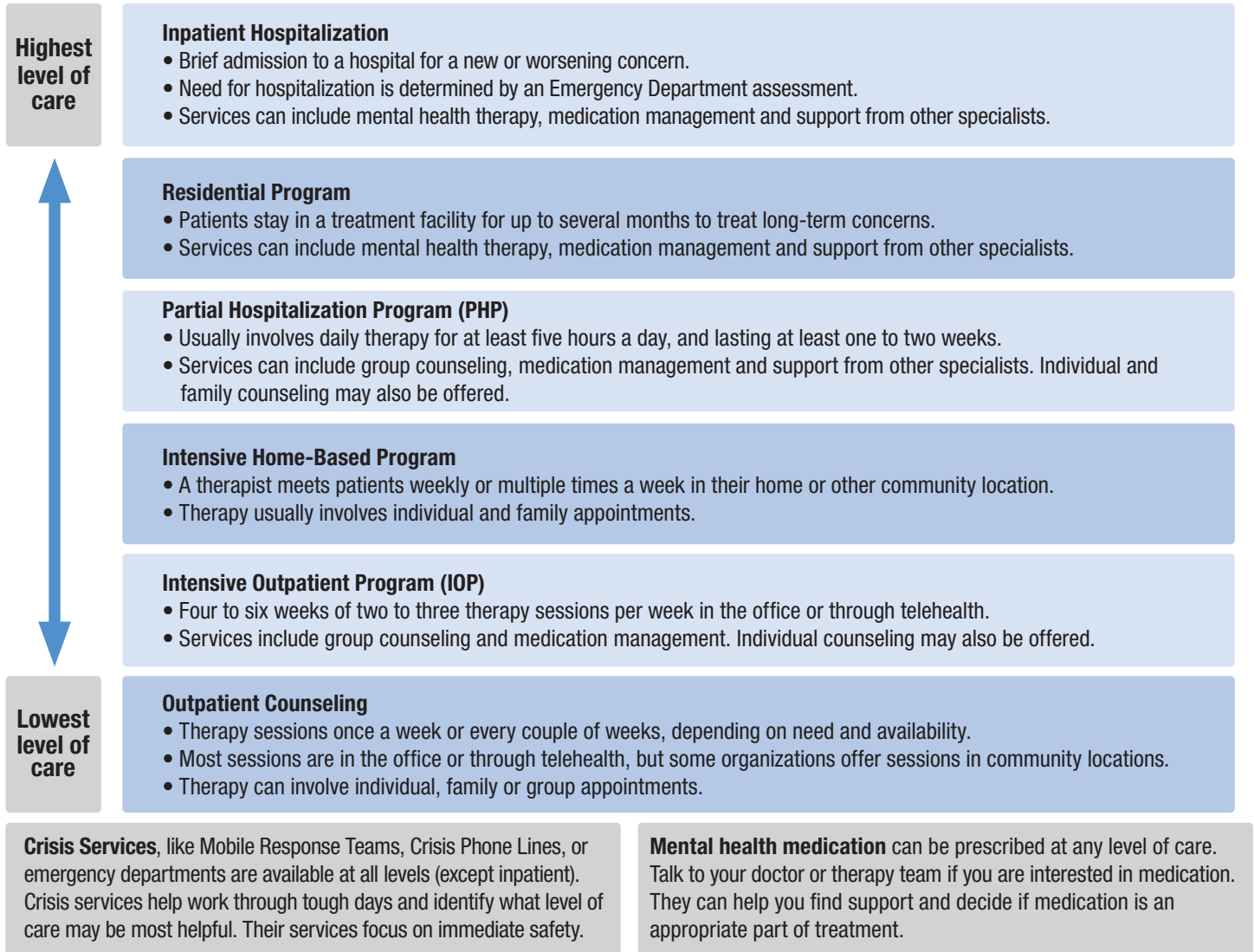
Information for Families

Mental health care services are separated into different levels of care that specialize in treating different concerns. Matching a concern with the appropriate level of care is an important part of treatment. If the level is too high or too low, it could be unhelpful or intensify a concern.

A service's level of care is based on two things:

- Intensity – How often appointments happen, how long they last, where they take place and number of medical professionals involved.
- Restrictiveness – The impact it has on a patient's access to everyday items and activities.

Although it can sometimes be frustrating, repeating or using several different levels of care during treatment can be beneficial. Every organization is unique, but generally levels of care include:



Help is Available 24/7

If you or a loved one is experiencing suicidal thoughts, text or call the 988 Suicide & Crisis Lifeline.
In an emergency, call 911 or go to your local emergency room.

If you have a question about care, talk to your child's treatment team.



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When your child needs a hospital, everything matters.