

Is IOP Right for Your Patient?

Disclaimer: This resource is not a diagnostic tool or substitute for professional mental health advice. It is not meant to imply the prevalence of any mental or physical health issue(s).

Make a referral



Is the patient experiencing mild depression or anxiety or seeking short-term intervention?

Yes

Once-weekly therapy might be enough for now.

No

Are they experiencing passive suicidal ideation or any other high-risk mental health conditions?

Yes

Your patient might benefit from an IOP after considering their readiness to actively engage in the treatment process and further consultation. To get started with Charlie Health today, call a member of our Admissions Team; Charlie Health is available 24/7 at (406) 316-3700.

No

Are the patient's symptoms pervasive and interruptive of daily functioning?

Yes

No

Is the patient or family asking for support in between outpatient sessions?

Yes

No

Does the patient have persistent sleep or eating issues that need 24/7 monitoring?

Yes

Consult with a mental health professional. A more intensive option, like a residential treatment center, might better suit your patient.

No

Is the patient experiencing psychosis or hallucinations?

Yes

An IOP doesn't have 24/7 support, but it might benefit them in the future.

No

Is the patient actively suicidal or homicidal with a plan and intent?

Yes

No

If none of these apply, reach out to admissions@charliehealth.com with any questions to see if your patient could be a good fit.