

5 Levels of Mental Health Care

Finding the right level of care can be critical to overcoming your mental health struggles.
Read about each level to see what might be the best fit for you.



LEVEL 01

Outpatient

- **Where:** clinics, hospitals, private practices
- **Frequency:** 1-2 times per week for an hour
- **Duration:** weeks to years
- **When to consider:** your mental health is affecting your happiness or relationships



LEVEL 02

Intensive Outpatient (IOP)

- **Where:** hospitals and mental health clinics
- **Frequency:** 3-5 days per week for 3-5 hours*
- **Duration:** a few weeks to several months*
- **When to consider:** your mental health is negatively impacting your day-to-day (i.e., your ability to work, drive, etc.)



LEVEL 03

Partial Hospitalization Program(PHP)

- **Where:** hospitals or mental health clinics
- **Frequency:** 5 days a week for 8 hours/day*
- **Duration:** 2 to 6 weeks*
- **When to consider:** your mental health is making day-to-day functioning very difficult



LEVEL 04

Residential

- **Where:** hospitals and mental health clinics
- **Frequency:** round-the-clock
- **Duration:** 30 to 90 days*
- **When to consider:** your mental health is making day-to-day functioning almost impossible



LEVEL 05

Inpatient

- **Where:** psychiatric hospitals
- **Frequency:** round-the-clock
- **Duration:** 72 hours+
- **When to consider:** if you are concerned that you may hurt yourself or someone else

*Please note that frequency and duration can vary greatly based on the program and your individual needs.