

WHEN TALK THERAPY ISN'T ENOUGH

Individual therapy is a fantastic resource for improving mental health. It provides a safe space to explore your thoughts and feelings, develop coping mechanisms, and gain valuable insights. But sometimes, individual therapy alone might not be enough.

A therapist is your partner and guide in your mental health journey, and they want what is best for you. So, if you're thinking about exploring other options, the most important thing is to be open and honest with your therapist about your needs and concerns. Together, you can create a comprehensive treatment plan that addresses your specific situation, or they can help connect you to resources to get you a higher level of care.

Signs you may need additional support:

FEELING STUCK: You keep hitting the same roadblocks in therapy, and you're struggling to move forward. Discussing this with your therapist can help determine if a different modality or additional support might be beneficial.

DAILY LIFE STRUGGLES: Your mental health challenges are significantly impacting your ability to function at work, school, or in your relationships. Therapy can provide valuable tools, but sometimes additional support systems are needed to manage daily life.

LIMITED PROGRESS: You've been in therapy for a while, but you're not seeing significant improvement in your symptoms. This could be a sign that you need a different therapeutic approach or a more intensive level of care.

COMPLEX ISSUES: You're dealing with complex mental health issues like trauma, addiction, or a severe mood disorder. These challenges may require a more specialized approach or a combination of therapies to address them effectively.

MEDICATION NEEDS: Your therapist may recommend considering medication alongside therapy, especially if your symptoms are severe or treatment-resistant. Medications can help regulate brain chemistry and create a more receptive space for therapy to work.

FEELING HOPELESS: You're feeling increasingly hopeless or overwhelmed, and suicidal thoughts are creeping in. This is a critical sign to seek immediate help. Talk to your therapist or call a crisis hotline like the National Suicide Prevention Lifeline (988).



[Learn about your options >>](#)

OPTIONS BEYOND INDIVIDUAL THERAPY

If you're thinking about seeking help beyond individual therapy, remember, it's a sign of strength, not weakness. There's no shame in needing more support. Mental health is a complex issue, and different people respond best to different types of treatment. You're taking charge of your mental health and well-being, and that's something to be proud of.

Additional Options



Group Therapy: Connecting with others who share similar struggles can offer a sense of community and shared experience. Group therapy led by a therapist provides a safe space to gain valuable insights from others and reduces feelings of isolation.



Psychiatry and Medication: Consider discussing the need for medication with your therapist, and they can refer you to a provider who can prescribe medications specifically for your needs.



Intensive outpatient therapy programs: Often abbreviated to PHP and IOP, these outpatient daytime programs combine group therapy, individual therapy, psychiatry and medication management into one cohesive treatment option that equips you with the tools you need to feel better as soon as possible.

Connections Wellness Group provides intense outpatient mental health programs that are meant to get you feeling better, faster.



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