

Outpatient Services

Offering a full range of counseling and mental health services close to home.

Mental Health Treatment

According to the National Comorbidity Survey (NCS), about 19 percent of the population has a diagnosable mental illness. Untreated mental illnesses can lead to decreased work productivity, family disruptions, significant personal distress, and disability.

Hyland Behavioral Health provides a variety of outpatient programs to fit the needs and wishes of our patients. Hyland's outpatient programs combine group education and counseling with individual therapy sessions. All programs are run by a licensed counselor or licensed social worker.

Outpatient Programs:

1. Partial Hospitalization Program:

This is a highly-structured day treatment environment that allows patients to return to their homes each evening. Hyland provides partial hospitalization for chemical dependency and psychiatric treatment. Held several days per week.

2. Intensive Outpatient Program:

Patients attend several times per week, three hours per day. Call 314-525-7296 for Outpatient services. Intensive outpatient programs include day and evening chemical dependency programs and a day psychiatric program. For patients who can carry out many usual activities, but experience symptoms that impair their daily lives.

3. Counseling Clinic:

Offers individual, marital, and family counseling to people of all ages who are experiencing emotional, substance abuse, or psychiatric problems. Appointments are available during the day and evening six days a week.

4. Group Education and Counseling:

Groups include chemical dependency treatment aftercare, anger management and other topic-oriented groups. Groups meet weekly for one and one-half hours. Call for group topics and schedule.

Contact Information:

Please call 24 hours a day for assessments.

Assessment for Services:
314.525.4400

Counseling Clinic:
314.525.1400

Outpatient Services:
314.525.7296

We accept most insurance plans.

Hyland Behavioral Health is located on the campus of St. Anthony's Medical Center is south St. Louis County.

It is accredited by the Joint Commission on Accreditation of Healthcare Organizations.

Member of the Association for Ambulatory Behavioral Health.



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