



Hightop Health

BETTER MENTAL HEALTH CARE



MAY IS MENTAL HEALTH AWARENESS MONTH

Get the Extra Support You Deserve.

This Mental Health Awareness Month, take the next step toward deeper support and lasting change.

Hightop Health's Intensive Outpatient Program (IOP) is designed for individuals experiencing anxiety and depression, who need more structure than weekly therapy can offer—but don't require hospitalization. With small group sessions, flexible scheduling, and evidence-based treatment like cognitive behavioral therapy (CBT), our IOP helps patients find stability, build resilience, and move forward.

Better mental health care starts with care that meets you where you are.



Learn More:

hightophealth.com/IOP