

# Summer can reveal what the school year was holding together.

Structured mental health care for teens and young adults who may need more support—*before the next season begins.*

## **SUMMER MENTAL HEALTH SUPPORT PROGRAMS**

Partial Hospitalization (PHP) and Intensive Outpatient (IOP)

Specialized support for Anxiety | Depression | Trauma | Emotional Dysregulation

### **WHY THIS MOMENT MATTERS**

Summer is an important window to step in earlier—before challenges escalate and before the next school year begins.

### **WHEN TO CONSIDER MORE SUPPORT**

- Ongoing anxiety, depression, trauma-related symptoms, or emotional dysregulation
- Limited progress despite consistent outpatient therapy
- Increased distress or reactivity when structure or routine changes
- Difficulty functioning at home, socially, or academically — or stepping down from a higher level of care

### **HOW GUIDELIGHT HEALTH HELPS**

- Deliver a higher level of support when weekly therapy is no longer enough
- Build real-world coping and emotional regulation skills
- Actively involve and support families throughout care
- Create a clear, supported transition into what comes next

**Concerned a teen or young adult may need more support?**

Connect with our team to assess fit and explore next steps.

For teens and young adults ages 12-23  
Available in California, Colorado, Massachusetts and North Carolina and virtual care in select markets



**Guidelight**

**888-681-2730**

**GuidelightHealth.com**



CO | MA | CA | NC | WA | Virtual | Programs vary by location