

# About The Light Program



The Light Program is a leading provider of partial hospitalization, intensive outpatient, and outpatient mental health treatment services for adolescents and adults.

Our caring and experienced psychiatrists, psychologists, licensed social workers, and professional counselors work with you to develop a unique treatment plan designed to rebuild and maintain your healthy and balanced lifestyle goals.

With our full continuum of care, flexible scheduling, and multiple locations across southeastern Pennsylvania, treatment at The Light Program is both convenient and easily accessible.

## Is The Light Program Right for Me?

As a comprehensive treatment provider, we are dedicated to providing quality mental health resources and support for individuals who are feeling depressed, hopeless, anxious, overwhelmed, or having suicidal thoughts while navigating life's daily challenges.

**To find out if The Light Program is right for you, call (610) 644-6464 today.**

# Outpatient Treatment

## Partial Hospitalization Program

We offer clinically-intensive, multi-faceted programs 5 days a week, 6 hours a day for adolescents and adults who need structure and intensity in their mental health treatment, but have appropriate environmental supports at home.

## Intensive Outpatient Program

Our IOP offers group treatment 4 days a week in 2 hour and 15 minute sessions for adolescents and adults. IOP is designed to provide more support and direction than general outpatient care.

## Outpatient Counseling and Therapy

The Light Program provides general outpatient group counseling for adolescents and adults. Outpatient groups address a wide range of topics including trauma, relationships, divorce, grief, and more.

## Psychiatric Therapy

Our psychiatrists offer a conservative approach to medication and the most up-to-date care in the field. Services provided include psychiatric evaluations, psychiatric assessments/testing, and medication management.



# Get Help Today

## Schedule an Assessment

Call **(610) 644-6464** to schedule a level of care assessment.

## Determine Payment

An admissions professional will contact your insurance provider to verify coverage of treatment services.

We accept a wide variety of commercial insurances and self-payment.

## Develop Your Treatment Plan

If a completed assessment indicates that treatment with The Light Program is right for you, a qualified therapist will help you develop and implement your treatment plan.

If The Light Program doesn't provide services appropriate for your needs, we can refer you to an outside treatment provider so that you receive the care best suited for you.

## Our Locations

Center City Philadelphia	Northeast Philadelphia
Exton	Paoli
Havertown	Phoenixville
Jenkintown	Pottstown
Lansdale	Radnor

## Contact Us

For a full list of program descriptions and services, call **(610) 644-6464** or visit **[mylightprogram.com](http://mylightprogram.com)**.



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