Behavioral health services available at:

Indiana University Health
Behavioral Health Outpatient Services
Bloomington
727 W. Second St.
Bloomington, IN 47403
T 812.353.3450 or 800.387.3440
F 812.353.3451

For more information visit us at iuhealth.org/bloomington or call 812.353.3450

Indiana University Health
Adult Mental Health
Intensive Outpatient Program
Bloomington
Welcome

We want to welcome you to Indiana University Health Bloomington Behavioral Health Outpatient Services. As a patient you can expect to receive high quality, confidential, compassionate care.

Our Adult Mental Health Daily Intensive Outpatient Program assists individuals who do not require hospitalization, but can benefit from participation in a structured therapeutic program. The program addresses emotional, mental and psychological needs in a supportive, caring environment.

The Intensive Outpatient Program offers group psychotherapy, class work for building coping skills, individual and/or family therapy sessions, and medication management. Patients develop strategies to improve overall functioning at home, work and school.

Our program is based on a multidisciplinary treatment approach that coordinates efforts with community physicians, nurse practitioners and psychotherapists. Aftercare is arranged to assist individuals in maintaining their abilities to fulfill family, student or work activities.

The goal of our program

The goal of the Intensive Outpatient Program is to decrease distressing symptoms and for patients to regain control of their lives and return to healthy functioning in their everyday lives.

Helping patients get their lives back!

Referral criteria

Is the patient:
- Actively Suicidal
- Homicidal
- Actively Detoxing
- Actively Psychotic

IF YES, call IU Health Bloomington Behavioral Health Access Center at 812.353.5010

If no, does the patient exhibit:
- Difficulty functioning at work/home
- Marked changes in eating or sleeping patterns
- Hopelessness and/or helplessness
- Excessive fear and anxiety
- Isolating from social/family contacts
- Bizarre or grandiose ideas
- Obsessive, irrational thoughts or behaviors
- Emotional distress
- Passive suicidal thoughts

These patients are good candidates for referral to our Adult Mental Health Intensive Outpatient Program.

Call 812.353.3450 for more information or an appointment.

Program Hours

Monday-Friday: 10 am-2 pm

- Program hours are tailored to meet individual clinical needs.
- Program hours may extend to accommodate individual psychotherapy and/or medication management sessions.
- Program is covered by the majority of insurance.
- Plans and a self-pay option is also available.