

MYCARE

Intensive Support Program (ISP)

CALL (866) 991-2103



MyCare Intensive Support Program is an intensive support option for people ages 12+ experiencing passive suicidal ideation who can be supported with wraparound care via teletherapy. It is not an emergency or crisis intervention program, and should not replace higher levels of care.

Wondering If ISP Is Right For You?

1. Do you have frequent thoughts about ending your life?
2. Have you thought about how you might do this or have you recently attempted to take your own life?

If you answered YES

It sounds like our Intensive Support Program may be the right fit for your current needs. This simply means getting a higher volume of mental health care assistance over a structured period of time. Typically these sessions take place in an outpatient facility, but through Telemetrynd, you can access these services virtually, from the comfort of home. **Learn more below.**

If you answered NO

It sounds like you're not having passive suicidal thoughts that warrant intensive care right now. If you're feeling distressed and want to talk to someone about the challenges you're facing and learn ways to feel better, then Telemetrynd's standard therapy and psychiatry services could be right for you. **Visit [Telemetrynd.com](https://telemetrynd.com) to learn more.**

What To Expect After Enrolling In The Intensive Support Program

- ✓ Two 60-minute therapy sessions weekly with a clinician specializing in your presenting concern
- ✓ If medication management is needed, one 30-minute psychiatric session every two weeks
- ✓ A dedicated ISP Care Coordinator to provide check-ins with you and case management across all of your providers
- ✓ Curated local supports and resources within your community
- ✓ A transition plan for ongoing care after the program, typically allowing you to continue with the same providers

Contact Us To Learn More

ISP@telemetrynd.com (866) 991-2103