

Outpatient Partial Hospitalization



Young adults ages 18 to 24 years old are often faced with overwhelming stress regarding decisions about what to do in life. They may be asking personal life questions, possibly moving, finding a job, entering the workforce or going to college.

We understand the challenges that can arise during this time of life and are here to help with our Partial Hospitalization Program. Our programs include:

- Acceptance and Commitment Therapy
- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy
- Expressive Therapy
- Coping with Change

**THE
STRIDE**
PROGRAM
HRI HOSPITAL

Empowering Mental Health Recovery

hrihospital.com

**833-DSTRESS
(833-378-7377)**



Are you or someone you know between the ages of 18 and 24 and experiencing any of the following?

- Depression
- Excessive anxiety or irritability
- Low tolerance for stress
- Panic attacks
- Effects from trauma
- Low self-esteem
- Self-harming behaviors
- Suicidal ideation
- Drug or alcohol abuse
- Struggling with adjusting to adulthood

Physicians are on the medical staff of HRI Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of HRI Hospital. The facility shall not be liable for actions or treatments provided by physicians.

Model representations of real patients are shown. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 221517-2113 9/22



***We can help. Call us today at
833-DSTRESS (833-378-7377)
Option #2.***

HRI HOSPITAL

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