



²⁰²⁴ Specialized Mental Health Care, Without the Wait

In-Person & Virtual Services

When mental health challenges get in the way of living your best life, we're here to help. Compass Health Center provides immediate access to in-person and virtual specialized mental health treatment from anxiety, OCD, trauma, and depression to school refusal, screen dependency, and substance use disorders—our age-specific programs are thoughtfully tailored for children, teens, young adults, and adults.

About Compass Health Center

Compass Health Center offers in-person and virtual mental health care for individuals requiring more support than traditional outpatient therapy. We offer immediate access to our Partial Hospitalization (PHP) and Intensive Outpatient (IOP) programs, providing a vital solution for those in crisis and offering specialized care without the need for emergency room visits or inpatient hospitalizations. Our multidisciplinary and specialized approach includes psychiatry, group, family, and individual therapy, medication management, effectively addressing a wide range of mental health symptoms and diagnoses.

Same or next day starts	See a psychiatrist within 24 hours of starting a program	con	nent of nplex noses	Ongoing check-ins w dedicated psychiatrist nurse practiti	vith d : or	n-person and virtual care options
IN-PERSON		YOUNG CHILD	CHILD	ADOLESCENT	YOUNG ADU	T ADULT
PROGRAM C	PROGRAM OFFERINGS*		8-13 YRS	13-18 YRS	18-23 YRS	24+ YRS
Partial Hospitalizati	ion (PHP)	•	•	Ø	•	
Intensive Outpatier	Intensive Outpatient (IOP)		0	•	•	•
After-School (IOP)		Ø	0	•		
Psychiatry		Ø		Ø	Ø	
Family Therapy		Ø	0	0	Ø	Ø
Education Support		0	0	0		
Family Support Groups		Ø	Ø	•	Ø	
Resource Support						
Experiential Therapy (art, pet, recreation, yoga, improv)		Ø	Ø	0		Ø
AREAS OF FOCUS						
Mood (depression, bipolar)		Ø	•	•		
Anxiety (general, panic, social, and others)		Ø	Ø	0	Ø	•
School Anxiety & R	efusal	0	Ø			
OCD		Ø	0	0		Ø
Mental Health & Substance Use				0	•	0
Trauma					Ø	•
Mental Health, Pair	Mental Health, Pain, and Illness				0	0

*Ages and specialties vary by state and location. Please visit compasshealthcenter.net to learn more.



Our 100% virtual programs are designed to combat screen fatigue with interactive sessions, rejuvenating breaks, and engaging activities. It is a great option for those whose medical issues, symptoms, or geographical location are barriers to consistently attending an in-person program. Our virtual care delivers the same outcomes as our in-person programs.



VIRTUAL PROGRAM OFFERINGS	ADOLESCENT 13-18 YRS	YOUNG ADULT 18-23 YRS	ADULT 24+ YRS
Partial Hospitalization (PHP)		0	\bigcirc
Intensive Outpatient (IOP)	Ø	Ø	Ø
After-School (IOP)	Ø		
Evening (PHP)		0	0
Evening (IOP)		0	0
Psychiatry	0	0	0
Family Therapy	0	0	Ø
Education Support	•		
Resource Support		0	•
Experiential Therapy (art, pet, recreation, yoga, improv)	•	0	0
AREAS OF FOCUS			
Mood (depression, bipolar)	•	Ø	
Anxiety (general, panic, social, and others)	0	0	0
School Anxiety & Refusal	Ø		
OCD	Ø	0	Ø
Mental Health & Substance Use		Ø	Ø
Trauma		Ø	\bigcirc
Mental Health, Pain, and Illness		0	0





In-person and virtual programs available:

ILLINOIS:

CHICAGO NORTHBROOK OAK BROOK MARYLAND: SILVER SPRING WISCONSIN: COMING SOON

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We are in-network with most commercial health plans. Contact us to learn more.



compasshealthcenter.net