

# Mental Health Therapy at Nice

## SHORT-TERM MENTAL HEALTH SUPPORT

This program helps patients self-manage their mild to moderate mental health needs. We address a broad range of issues to support daily functioning and self-care. It is not intended to address serious mental illness or be long-term in nature.



### How does it work?

You must first schedule a primary care visit using the Nice app. If therapy is a good fit, your clinician will refer you to our mental health team for a consultation.

Initial consultations will briefly determine your needs and priorities. At the end of the consultation, the therapist will set expectations for the remaining course of treatment and will schedule a follow up appointment, if appropriate.

You may be placed on a waitlist until an appointment becomes available at which point you will be contacted through the Nice app.

Nice does not prescribe controlled substances or antipsychotic medications.

### Who's eligible?

- Must be 18 years old or older
- Must receive a Nice clinician's referral

### A good fit for:

- Depression
- Anxiety
- Parenthood or other life transitions
- Relationship and family issues
- Maternal mental health
- Grief and loss
- Work related stress

### Not a good fit for:

- Those already in therapy
- Suicidal ideation
- Substance abuse
- Other complex needs



**If you are having a mental health crisis, call the National Suicide Prevention Lifeline at 1-800-273-8255.**