



# URGENT CARE SERVICES

*Providing coping strategies for urgent concerns*

Urgent Care Services are mental health sessions scheduled within 1-3 days and delivered via **online teletherapy**. It focuses on addressing **safety issues or a specific urgent concern** that you might be experiencing. Up to 3 sessions may be provided under this service. It is led by our experienced clinicians and operates from **Monday to Friday**.

## WHAT ARE EXAMPLES OF MENTAL HEALTH NEEDS ADDRESSED THROUGH THIS SERVICE?

- Mental health safety concerns (i.e., thoughts of suicide and self-harm) without immediate risk for danger
- Signs of mental health decline due to sleep problems, stress/burnout, anxiety
- Providing support to parents to manage child behavioral problems
- Loss of academic/work productivity
- Coping with an unexpected change

## WHAT CAN YOU EXPECT?

You and the Urgent Care clinician will co-develop a feasible, actionable plan (i.e., for safety, for support, or for coping) that is tailored to your specific urgent concern including referrals and resources, if appropriate. It is a concrete plan that you and your family can implement independently at home. Urgent Care Services can also provide stabilization support while waiting to be scheduled for ongoing psychotherapy services. If you feel the action plan needs to be modified after a 2-week implementation period, you may schedule up to 2 follow-up sessions to update it.

**If you experience safety issues that cannot be managed at home, we strongly advise you to go to the nearest emergency room for emergency care.**

**FOR INQUIRIES:**

**[www.wethrivewellbeing.com](http://www.wethrivewellbeing.com)**

E-mail: **[clinic.wethrive@gmail.com](mailto:clinic.wethrive@gmail.com)**

Phone: **+639458022994**