

Intensive Outpatient Therapy

Virtual Care



UNC
HEALTH®

Intensive Outpatient Therapy (IOP) serves adolescents (13–17) and young adults (18–30) with mood and/or anxiety disorders who need more support than traditional outpatient care but do not require inpatient hospitalization. Appropriate referrals include patients stepping down from inpatient psychiatric care or those experiencing worsening symptoms that do not meet hospitalization criteria.

IOP is a 6-week, virtual program facilitated by a multidisciplinary clinical team. Patients attend three days per week for three hours per session and receive group therapy focused on wellness, recovery, and resiliency, along with individual/family therapy and medication management.

Referrals

To make a referral in Epic, select “AMB REFERRAL TO PSYCH” and “UNC PSYCHIATRY IOP CHAPEL HILL” as the location. Non-Epic users may call 984-974-4444.

We accept most commercial insurance including BCBS, Aetna, Aetna SHP, and Cigna. Financial assistance is available for those who qualify.



For more information, call 984-974-4444.