



# INTENSIVE OUTPATIENT PROGRAM

Our IOP is an 8-week treatment program that helps heal mental health and addiction from wherever you are.



Our IOP is  
**PERFECT FOR  
PEOPLE WHO**

- ✓ Have a mild-moderate case of mental illness and addiction.
- ✓ Need more support than counselling and medication.
- ✓ Want a flexible and effective treatment plan.
- ✓ Do not need full residential treatment.

## DID YOU KNOW?

**AN INTENSIVE OUTPATIENT PROGRAM IS PROVEN TO BE AS EFFECTIVE AS RESIDENTIAL TREATMENT**



## STRONG SUPPORT WITHOUT BARRIERS

Not all Canadians who need strong mental health and addiction support can leave their homes right now. So, we designed EHN Online: Canada's first-of-its-kind online mental health and addiction treatment.

# WE TAKE CARE OF YOU

Get personal attention from the nation's strongest team of therapists while removing the physical barriers to getting excellent treatment.

**8**

**WEEKS OF THERAPY FOR LEARNING AND DEVELOPING SKILLS**

**9**

**HOURS OF WEEKLY THERAPY FOR FAST RESULTS**

**10**

**MONTHS OF ONLINE AFTERCARE TO STAY ON TRACK**

**SET GOALS, TRACK PROGRESS, AND MONITOR TRIGGERS WITH THE EHN ONLINE APP (POWERED BY WAGON)**



## YOUR PORTABLE CLINIC

Flexible to accommodate your busy life

Personalized to every patient and their needs

Backed by science that will help you heal

With continuous enrollment, you can start the program anytime

NOTE: Some regions may support in-person outpatient treatment following local public health policy and infection prevention measures.

# LEARN TO LIVE A HEALTHIER AND HAPPIER LIFE