

# BEHAVIORAL HEALTH SERVICES

Mather Hospital is one of the few Long Island hospitals to offer inpatient and outpatient behavioral health services for both adolescents and adults. It is the only acute care hospital in Suffolk County with an adolescent psychiatric unit and an adolescent partial hospitalization program.

Our psychiatric programs include:

**Inpatient Adult Unit** - an acute care facility for the diagnosis and treatment of mental illness for adult and geriatric individuals.

**Inpatient Adolescent Unit** - an acute care facility for the diagnosis and treatment of mental illness for adolescents ages 12-17.

**Adult Partial Hospitalization** - an outpatient behavioral health treatment intervention designed to further stabilize acute symptoms of mental illness for adults.

**Adolescent Partial Hospitalization** - outpatient behavioral health treatment intervention to further stabilize acute symptoms of mental illness for patients ages 12 - 17.

**Chemical Dependency Program** - provides comprehensive assessment of the stage of substance use disorder and individualized treatment for each person and their family or significant others.

**Eating Disorders Program** - helps to treat the physical, psychological and nutritional aspects of eating disorders such as anorexia nervosa, bulimia nervosa and binge eating disorder.

**Esketamine Treatment** - Esketamine is a nasal spray medication specifically designed for adults with treatment-resistant depression.

**Mental Health Clinic** - serves adults and adolescents with mental health issues such as anxiety, depression, ADHD, bi-polar disorder, personality disorder, trauma, schizophrenia, schizoaffective disorder, post-traumatic stress disorder (PTSD), interpersonal conflicts and childhood disorders.

**Outpatient Psychiatric Services** - a team of psychiatrists who offer both in-person and telehealth appointments. They specialize in comprehensive mental health services, including medication management, therapy, and can also administer long-acting injectable medications to those who need them.

**Perinatal Mental Health Services** - Treats perinatal mood and anxiety disorders, the most common complications of childbirth that affect up to 1 in 5 mothers.

**Rapid Access Center** - a point of entry for care for individuals age 18 and up who are experiencing a mental health or substance use disorder issue and do not know where to go for help.

**To schedule an appointment with any of our Behavioral Health services call 631-775-2480**

Mather's Behavioral Health staff consists of psychiatrists, psychiatric nurse practitioners, psychiatric nurses, mental health technicians, psychiatric social workers, recreation therapists and certified alcohol and substance abuse counselors.