

Our Vision for the Future

At Wellity Health, we envision a community in which youth and their families are mentally healthy, thriving, and the stigma of mental health is eliminated, with all utilizing mental health interventions to cope with life's stressors.

www.wellityhealth.com

Wellity Health Coverage

Our commitment to providing exceptional healthcare extends to accepting a wide range of insurance plans and private pay options. Our team is here to assist you with any questions about our services or accepted insurance providers.

Healing & growth is possible with acceptance and support!



Get In Touch



Office Locations

39159 Paseo Padre Parkway
Fremont, 94538

1375 Burlingame Ave.
Burlingame, 94040



Message Us

phpintake@wellityhealth.com



Call Us

(510) 952-1191



Search on the Web

www.wellityhealth.com



WELLITY HEALTH

**ADOLESCENT PARTIAL
HOSPITALIZATION
PROGRAM**

&

**ADOLESCENT
INTENSIVE
OUTPATIENT GROUP
PROGRAM**





Our Purpose

Wellity Health's Adolescent Partial Hospitalization Program (PHP) and Intensive Outpatient Group Program (IOP) aim to support youth experiencing significant mental health distress.

We work to reduce symptom severity, reduce or eliminate the need for utilizing higher levels of care, and foster lasting positive outcomes for our patients.

Our Services



Evidence Based Treatment

- Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Acceptance Commitment Therapy (ACT)
- Solutions Focused Therapy
- Narrative Therapy



Multi-family Support

- Weekly parent education
- Caregiver Support Groups
- Family Meetings



Additional Supports

- Medication Management
- Daily yoga/mindful movement
- Hydration and eating maintenance with included snacks and catered lunch
- After program Study Center

About Our Team

Our skilled staff is dedicated to providing compassionate care, ensuring each young individual receives personalized support on their mental health journey.

The experienced clinicians at Wellity Health work to support, educate, and foster healing and growth for today's youth and their loved ones as they attempt to navigate mental health struggles.

