

Lindner Center of HOPE

Professional Associates

Integrative Mental Health

What is Integrative Mental Health?

Integrative Mental Health focuses on the whole person and the provider-patient relationship in order to discern all appropriate complementary and alternative therapies and promote recovery as holistically as possible from a mental health diagnosis.

What can I expect from an Integrative Mental Health treatment plan?

After an initial consult with an Integrative Mental Health practitioner, an Integrative Mental Health treatment plan will be developed. This treatment plan incorporates lifestyle changes such as diet and exercise, nutrient therapy consisting of beneficial dietary supplements, and also considerations for services such as acupuncture, massage therapy, mindfulness, meditation, and hypnosis. Lindner Center of HOPE's program appeals to patients who are seeking to treat their mental health diagnosis with as few prescription medications as possible.

Financial Considerations

Integrative Mental Health consultations and follow-up visits are covered under many insurance plans. *Maximum number of visits is typically three.*

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Between my determination and the support of my amazing care team, family and friends, I am stable on a low dose antidepressant, and a low dose mood stabilizer. In addition to these medications, I continue all of my integrative health ventures. The sense of peace and stability I have re-discovered the past year is one I never thought I would experience in my lifetime. Through medication, and various integrative health practices, I have found meaning. I have a found purpose. I have been given my life back. I have been saved.

Stephanie Knox, 26, Lawrenceburg, IN