IOP and PHP Resources

MAHEC (828) 257-4400

Partial Hospitalization Program (PHP):

Schedule: Monday through Friday, from 8:30 AM to 12:30 PM (4 hours per day/ 20 hours per week).
Location**:** MAHEC's Biltmore Campus.
Duration of Care: Typically lasts between two to four weeks.

9/1/2026: Submitted online referral to MAHEC partial hospitalization program, referral confirmation number is 234873.

9/14/2026: MAHEC states they have a long waitlist.

Sweeten Creek Mental Health and Wellness Center (828) 213-4055

Partial Hospitalization Program (PHP):

Schedule: Monday through Friday, 9:00 AM to 2:00 PM (5 days a week).
Typical Length of Stay: 2 to 5 weeks.
Format: Utilizes a blend of in-person and virtual attendance options.

Intensive Outpatient Program (IOP):

Schedule: Meets 3 days a week, typically from 9:00 AM to 12:30 PM.
Duration: Programs generally last between 2 to 8 weeks depending on individual treatment plans.
Format: Combines group therapy sessions (three 1-hour segments per day) with individual psychiatric care once a week. Hybrid in-person and virtual options may be available.

(VIRTUAL) Postpartum Support International (PSI): https://postpartum.net/

Non-profit organization that provides support, education, and resources for individuals and families dealing with perinatal mental health conditions, postpartum depression and anxiety.

Offers services and resources-
Peer Support: Offers online support groups, peer mentors, and local support coordinators
Professional Directory: Helps you find qualified mental health providers specializing in perinatal care.
Education: Trains professionals and increases public awareness around emotional changes during and after pregnancy.

(VIRTUAL) Charlie Health: https://www.charliehealth.com/locations/north-carolina

Charlie Health provides Virtual Intensive Outpatient Programming (IOP) across North Carolina, serving major areas like Charlotte and Raleigh directly from the comfort of home.

(VIRTUAL) Pathlight Behavioral Health: https://www.pathlightbh.com

The Pathlight At Home program is a virtual intensive outpatient program (IOP) offering structured mental health treatment for mood, anxiety, and trauma-related conditions from home.