SAN ANTONIO BEHAVIORAL HEALTHCARE HOSPITAL

Adult Evening Virtual IOP

Compassionate, Evidence-Based Care
from the comfort of home.

VIRTUAL SERVICES • TELEHEALTH

SABH offers virtual mental health care through HIPAA-compliant Zoom video services. Patients can connect with trauma-informed healthcare professionals from any internet-connected phone, tablet, or computer with a camera.

PROGRAM DETAILS

- Begins November 3, 2026
- Tuesdays, Wednesdays, & Thursdays
- 5:30–8:30 PM
- 3 groups per session day
- 9 programming hours weekly



WHY TELEHEALTH?

- Access care anywhere within the state of Texas
- Reduce travel and transportation barriers
- Join groups from a familiar, comfortable setting
- Flexible care that can support consistent attendance

WHAT TO EXPECT

Our Virtual Intensive Outpatient Program (IOP) offers structured, high-level support designed to fit seamlessly into your life without disrupting your career, studies, caregiving duties, or daily routine. It is designed for adults who need a higher level of care and offers flexible, intensive treatment for depression, anxiety, and other mental health concerns while allowing you to maintain work, school, and family responsibilities. By removing scheduling and commuting barriers, this accessible online program allows you to receive deeper care while maintaining your relationships with your established individual therapist and psychiatrist.

For more information on the program scan here

In-person intake assessment required
(210) 541-5289
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https://www.sanantoniobehavioral.com

ELEVATE. EMPOWER. HEAL.