

DOES MY TEEN NEED IOP TREATMENT?

The more boxes you check, the more likely teens or young adults need professional support. Call Catalina Behavioral Health at 520.999.2560 today for a professional evaluation. This self-assessment is not a diagnosis but can help you confirm it's time to reach out for help.

Has your teen become withdrawn or self-isolated?

Have they expressed hopeless or persistent sad feelings?

Has there been a noticeable or sudden drop in grades?

Does your teen or young adult skip school?

Do they use drugs or alcohol beyond experimenting?

Do they seem to be engaging in reckless, risky behaviors?

Have you seen changes in their sleeping habits/patterns?

Do they follow extreme diets or skip meals then binge?

Have you taken them to therapy that has not worked?

Is the teen unable to focus or complete simple tasks?

