

For New Patients

Our Approach to Mental Healthcare

We are committed to applying the best research-based mental healthcare practices for our patients in Mississippi. For this reason, our model of care includes:

Early Intervention: Caring for patients at the outpatient level, before inpatient treatment is necessary.

Individualized Care: Providing customized treatment plans that can include medication management, therapy sessions or both.

Convenient Access: Offering same-day or next-day appointments for an initial assessment, delivering a clear course of sessions to follow.

Your ability to benefit from our services is greatly enhanced if you:

Keep appointments.

Studies show that the most important contributing factor in patients improving and responding to care is frequency of visits.

Follow through with assignments.

Our providers will work with you to establish tailored treatment plans that meet your mental health needs. It is important to stick to your plan and complete assignments that may be given to you by your provider.

If recommended, utilize medication management.

Your unique care plan may involve therapy, or therapy and medication management. Research proves that when utilized with therapy, medication management can provide significant improvements in patient mental wellness.

Get adequate sleep and rest.

Getting a recommended 7 to 9 hours of sleep fuels learning, memory and energy. In studies, sleep has been proven to decrease symptoms of mental illness such as anxiety and depression.

Maintain a healthy diet.

Eating a healthy and balanced diet can benefit your mental wellbeing. Studies surrounding nutritional psychology point out that sugars, sodas and fast food may negatively affect mental illnesses such as depression and ADHD. Talk with your provider and make a plan to try small dietary changes. They could make a significant impact on your overall wellbeing.

Learn more about our approach at RightTrackMedical.com.