

what is

# GROUP THERAPY?

Living with mental illness can feel lonely. Group therapy connects you with people who have similar experiences to yours, people who understand and know what you are going through.

Group therapy is an evidence-based model of treatment led by a licensed therapist.

At Monarch, group therapy services are provided virtually using our telehealth platform,

**Doxy.me.**

You can participate from just about anywhere.

In a safe, welcoming environment, you will learn how to manage your illness, develop coping strategies and work toward recovery together.

To learn more about the benefits of group therapy, please speak with your Monarch mental health professional or call us today at **(866) 272-7826** for information.

