

Group Therapy at Reliant



Doing the work to feel better can be hard. Connecting with people who are going through the same thing as you is often helpful in ways that other treatments aren't. Reliant offers group therapy for people who are dealing with similar behavioral health (BH) challenges. [Read on to learn about group therapy and how it can help you.](#)

1

What is group therapy?

Group therapy is focused on helping you gain and grow skills to manage your BH issues. Reliant's groups each include no more than 12 people who all have similar concerns or experiences. Groups are led by a BH provider; who teaches members how to use skills and strategies to help with their symptoms. Groups meet weekly in person or virtually.

2

How do I get connected to the right group?

Your PCP or BH provider will tell you if you are a good fit for a group. They will set you up with the right group. Be honest and open with your care team about your willingness and ability to participate. Group therapy is not right for everyone. You must be able to be on camera or in person in a room with others during the group sessions.

3

How can I get the most out of group therapy?

Group therapy at Reliant may not be what you think. You do not need to share personal information or speak about your problems if you don't want to. But you should come to a group with an open mind and empathy for other group members. Remember, everyone there is working on their health, just like you. You will likely have homework to do between sessions. To get the most out of group therapy, please make sure you do the homework.

4

What's next for me?

Your provider will tell you if group therapy is right for you.

WHO CAN HELP ME IF I HAVE QUESTIONS?

- Reliant Behavioral Health Department: 1-508-856-0732
- Suicide Hotline: 1-800-273-8255
- Emergency Mobile Crisis Line: 1-877-382-1609

What should I know about costs?

Most behavioral health care services are covered by insurance. Because insurance coverage can vary greatly, please check with your insurance company about your specific plan and costs.



We're Here When You Need Us.