

FAQS

Feel free to call with any further questions.

480-770-1773

INSURANCES ACCEPTED

United Healthcare (Optum), Blue Cross Blue Shield, Cigna, Aetna, AHCCCS (Mercy Care Plan), Tricare West

CASH PAY RATES

If your insurance is not listed or you do not have insurance, please contact us to discuss our cash pay rates.

DO YOU HAVE A SLIDING SCALE

Please call to inquire about sliding scale OPTIONS. PREVIOUS years tax return and last three pay stubs are required to DETERMINE ELIGIBILITY.

HOURS

Front Desk Hours are M-F- 9am-5pm
CLINICIANS hours range M-F- 8am-7pm
Afternoon and Evening APPOINTMENTS offered based upon AVAILABILITY. Closed on weekends.

WHERE IS THI LOCATED

1845 E. Queen Creek Rd. Gilbert, AZ 85297
Next to Perry High School (on the Northwest side of the school facing Queen Creek Rd.).

HOW QUICKLY CAN I GET AN APPOINTMENT

Within 24 business hours.

FAQs

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WHAT WE DO

We treat individuals struggling with thoughts of suicide through individual therapy sessions, DBT group skills sessions and parent/family coaching/support. Individuals struggling with suicidal ideation can come to The Hope Institute to reduce suicidal risk, increase hope, and OBTAIN a REFERRAL to ongoing counseling as needed.

OUR TREATMENT APPROACH

Our approach is unique, as it is based in the Collaborative Assessment and Management of Suicidality (CAMS) and Dialectical Behavioral Therapy (DBT), two of the most effective, evidence-based models currently available for treating suicidality.

HOW LONG IS THIS PROGRAM?

We provide specific evidence-based treatment to eliminate SUICIDALITY. On average clients are in our program 6-8 weeks. We refer to ongoing counseling as needed.

TREATMENT FREQUENCY

Treatment frequency will vary depending on individual client needs. The Clinician and client will determine appropriate frequency of treatment during the assessment. Clients can attend up to 4 times a week as needed.

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WHO WE TREAT

We treat individuals of all ages experiencing thoughts of suicide. We have a partnership with the Chandler Unified School District and have recently opened our services up to the larger Community, including other school districts, and are now accepting community referrals.

TYPES OF CARE FOR SUICIDE TREATMENT AND INTERVENTION

General On-going Outpatient Counseling
Psychiatry

**The Hope Institute- Outpatient Counseling
Center focused on Suicide Specific Treatment**

INTENSIVE OUTPATIENT Programs (IOP)

BEHAVIORAL Health HOSPITALIZATION

Residential Treatment

REFERRALS

We are here to make sure you are not alone in your struggles. Our goal is to offer clients an appointment within 24 business hours to provide the lifesaving help our clients need. To schedule an initial assessment you can use [this link](#) to access the referral form or scan the QR code below. You may also call our front desk at 480-770-1773 or email us at Help.CUSD@thehopeinstitute