

Sierra Meadows Behavioral Health offers Mental Health Treatment in Fresno

Sierra Meadows Behavioral Health offers a holistic, evidence-based treatment for psychological disorders and mental health problems in Fresno.



FRESNO, CA, UNITED STATES, December 26, 2022

/EINPresswire.com/ -- A sound mind is the key to a happy

life. But life doesn't take a linear path; it has various

curves filled with unexpected events such as natural

disasters, divorce, addiction, genetic disorders, the daily

grind of life, and the loss of a loved one. These unexpected events take a toll on psychological

and physical health. Sometimes, they can significantly impact the quality of life and start

affecting relationships, work, and other aspects of life. In addition, it can result in mental health

problems. Therefore, it becomes essential to find

professional help to deal with mental health issues. Many

behavioral health services, such as Sierra Meadows

Behavioral Health in Fresno, can provide assistance and

counseling to overcome these challenges and restore the

mental and physical health of those struggling with

psychological issues. Those interested in learning more

about treatment options for [behavioral health Fresno](https://www.sierrameadowsbehavioralhealth.com) can

visit [sierrameadowsbehavioralhealth.com](https://www.sierrameadowsbehavioralhealth.com), a newly

launched website dedicated to mental health.

“

Excellent care from a team of people who go above and beyond for their clients. The staff seems motivated to provide the best care possible. Highly recommend Sierra Meadows Behavioral Health.”

Jay Waterman

A trained psychologist or therapist can help choose a

treatment program after assessing the condition and needs of an individual. For instance, they

can recommend a residential inpatient program for people with severe depression, anxiety,

addiction disorders, suicidal tendencies, and other extreme forms of psychological issues. This

treatment takes a multifaceted strategy to reestablish healthy cognitive performance. According

to Sierra Meadows Behavioral Health clinical psychologist Matthew Tatum, a residential program

provides a more comprehensive approach to treating mental health issues. These methods

include family/group therapy, psychometric testing, physical activity, individual counseling, and a

non-judgmental environment. Each of these techniques is employed to promote cognitive health

in the patient.

Those with heightened mental health symptoms such as post-traumatic stress disorder (PTSD) or bipolar disorder can opt for an intensive outpatient program (IOP). A qualified [Fresno psychologist](#) can help those experiencing these symptoms by providing them with a psychological evaluation, a customized treatment plan, group, and individual therapy, and case management services. An intensive outpatient program (IOP) like the one offered at Sierra Meadows Behavioral Health often has patients come in for a three-hour session four times per week. Here, a team of experienced psychologists, therapists, and professional case managers work together to provide holistic, evidence-based treatment to patients with severe psychological symptoms.



"Excellent care from a team of people who go above and beyond for their clients. The staff seems motivated to provide the best care possible. The environment at Sierra Meadows is inclusive and welcoming; the facility is modern and comfortable. Highly recommend Sierra Meadows Behavioral Health." - Jay Waterman

Those struggling with emotional or behavioral problems and who require a safe space to talk about their issues and find professional help to deal with them can choose an outpatient [psychiatry Fresno](#) establishment. With a professional and compassionate approach combined with evidence-based treatment, Sierra Meadows Behavioral Health can be a good option for Fresno residents looking for holistic and affordable mental health treatment.

About Sierra Meadows Behavioral Health

Sierra Meadows Behavioral Health is a locally owned and operated Fresno-based organization that provides high-quality care for anyone experiencing mental health issues. It provides a comprehensive approach to treating mental health issues, emotional disorders, and other psychological issues with evidence-based treatment.

Sierra Meadows Behavioral Health
1781 E Fir Ave Suite 102, Fresno,
CA 93720, United States
+15593267775

Dr. Matthew Tatum

Sierra Meadows Behavioral Health

+1 559-326-7775

[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/608234663>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.