

Invigorate Behavioral Health Counseling Center: A Trusted Name in Mental Health and Well-Being in Los Angeles

Invigorate Behavioral Health in Los Angeles offers dual diagnosis care for mental health and addiction, treating depression, anxiety, PTSD, and bipolar disorder

LOS ANGELES, CA, UNITED STATES, March 22, 2025 /EINPresswire.com/ -- [Invigorate Behavioral Health Counseling Center](#), a mental health treatment center in Los Angeles, offers structured treatment for individuals dealing with depression, anxiety, trauma, post-traumatic stress disorder (PTSD), bipolar disorder, and substance use disorders. The center specializes in [dual diagnosis treatment](#), providing care for both mental health and substance use issues at the same time.

Some individuals experience both a mental health condition and a substance use disorder, which can make treatment more complex. Dual diagnosis treatment ensures that both concerns are addressed together, rather than separately. Invigorate Behavioral Health Counseling Center provides [outpatient treatment programs](#) that allow clients to receive professional support while continuing with their daily lives.

The Partial Hospitalization Program (PHP) is the highest level of outpatient care. It offers full-day therapy, five days a week, for individuals who need intensive support but do not require overnight stays. PHP includes individual therapy, group counseling, and psychiatric care, making it a suitable option for those managing severe depression, PTSD, bipolar disorder, or substance use issues.



**INVIGORATE BEHAVIORAL HEALTH
COUNSELING CENTER**

Invigorate Behavioral Health Counseling Center-
Mental Health Treatment Center in Los Angeles

The Intensive Outpatient Program (IOP) provides structured care with several therapy sessions per week, allowing individuals to balance treatment with work, school, or family responsibilities. IOP is often recommended for those who need ongoing support for anxiety, depression, or trauma-related symptoms but do not require full-time care.

The Outpatient Program (OP) offers weekly or biweekly therapy for individuals transitioning from higher levels of care or those needing long-term support for conditions like bipolar disorder, PTSD, or substance use recovery. This program helps individuals maintain progress while developing skills to manage their mental health.

The center uses evidence-based therapies that have been widely recognized in mental health care. Cognitive Behavioral Therapy (CBT) helps individuals change negative thought patterns and behaviors and is often used for anxiety, depression, and substance use disorders. Dialectical Behavior Therapy (DBT) helps with emotional control and improving relationships, making it useful for bipolar disorder, PTSD, and trauma-related symptoms. Eye Movement Desensitization and Reprocessing (EMDR) is used to help individuals work through distressing memories, especially for PTSD and trauma recovery.

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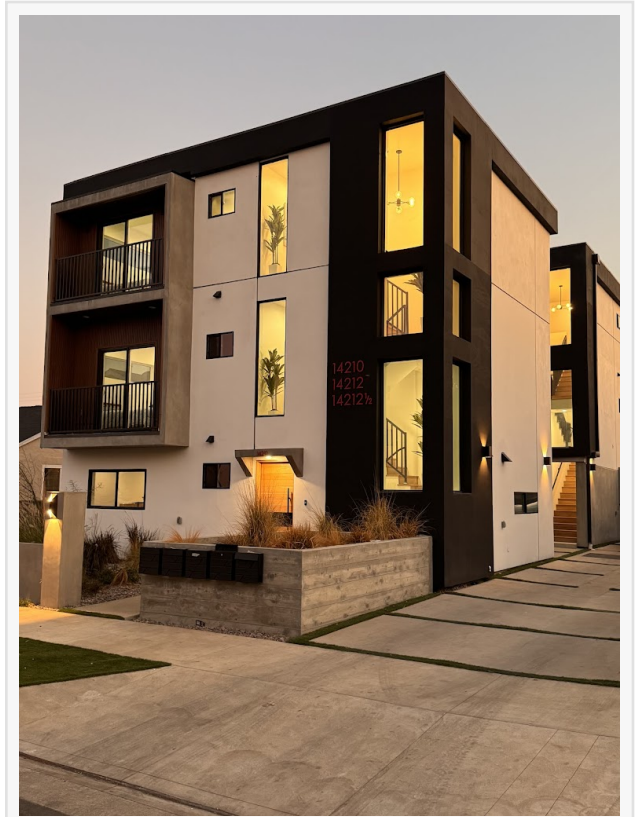
Dual diagnosis treatment allows us to address depression, anxiety, trauma, PTSD, and bipolar disorder together through focused, evidence-based mental health care.”

Christian Small, Medical Director

Each client receives a personalized treatment plan based on their needs. Licensed therapists and counselors oversee all therapy sessions, ensuring that clients receive appropriate care in line with California state guidelines. Treatment plans are adjusted as needed to match the client’s progress.

Beyond therapy, Invigorate Behavioral Health Counseling Center focuses on long-term recovery by helping clients develop strategies to manage their mental health over time. In some cases, mindfulness, meditation, or yoga may be offered as part of the care plan. These techniques are

introduced only when suitable and are meant to support emotional balance and stress management.



Invigorate Behavioral Health Counseling Center - An outpatient mental health center in Los Angeles, California

All services at Invigorate Behavioral Health Counseling Center follow state and federal mental health regulations. The center ensures that its staff members receive ongoing training to stay updated on best practices in mental health and substance use care.

The center is located at 5723 Melrose Avenue, Los Angeles, and serves adults across Los Angeles County. Individuals may enter treatment through referrals from healthcare providers, therapists, hospitals, or by reaching out directly. The admission process begins with a clinical assessment to determine the most suitable level of care.

About Invigorate Behavioral Health Counseling Center

Invigorate Behavioral Health Counseling Center is an outpatient mental health provider in Los Angeles, California. The center specializes in dual diagnosis treatment, offering care for depression, anxiety, PTSD, trauma, bipolar disorder, and co-occurring substance use disorders. Services include structured outpatient programs and therapy tailored to individual needs.

Dr. Christian Small

Invigorate Behavioral Health Counseling Center

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