

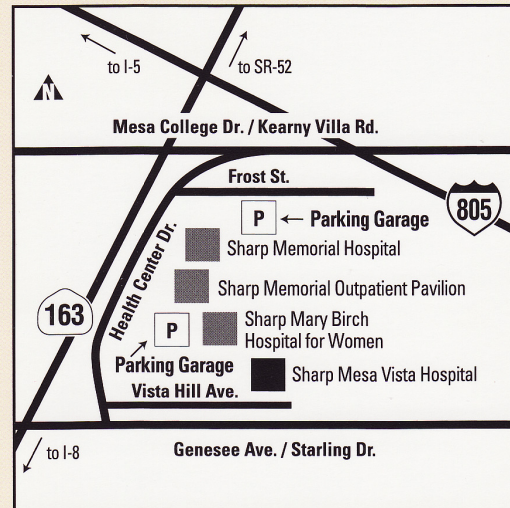
SHARP MESA VISTA HOSPITAL
**COGNITIVE THERAPY
OUTPATIENT PROGRAMS**
1-800-696-6899



The Cognitive Therapy Outpatient Programs at Sharp Mesa Vista Hospital provide treatment for adults diagnosed with depression, anxiety or bipolar disorder. Cognitive therapy helps identify how thoughts, feelings and behaviors affect life situations. The program teaches patients how to incorporate the following life-coping skills: reducing symptoms of depression and anxiety; reframing distorted thoughts; managing anxiety through relaxation and mindfulness; improving interpersonal relationships; establishing appropriate daily functioning; and responding positively to life's changes.

The program consists of three hours of group therapy per day, five days a week, for approximately four to eight weeks. A comprehensive manual is provided to supplement and reinforce the concepts presented. Unique features of the program include inpatient to outpatient transition, and a four week after-care program to help prevent relapse.

SHARP MESA VISTA HOSPITAL
7850 VISTA HILL AVE.
SAN DIEGO, CA 92123



DIRECTIONS

Southbound:

CA-163 South

Exit Genesee Avenue, turn left

Turn left onto Health Center Drive

Turn right onto Vista Hill Avenue

Turn left into the Sharp Mesa Vista parking lot

Northbound:

I-805 North

Exit Mesa College/Kearny Mesa Road, turn left

Turn left onto Health Center Drive

Turn left onto Vista Hill Avenue

Turn left into the Sharp Mesa Vista parking lot

For more information or to register for one of Sharp Mesa Vista Hospital's outpatient programs, call 1-800-696-6899, 24 hours a day, seven days a week.

SHARP Mesa Vista
Hospital