

The ambulatory/non-resident services at the Hidden Likes Youth House are useful and effective for young people with moderate mental health problems or disorders, although some in this category benefit from a hospital stay for treatment and medical stabilization before going to an outpatient care.

Someone, who is medically and/or mentally unstable can hardly be psychologically assisted on an outpatient level, so doctors in some cases recommend hospitalization before starting psychotherapy/counseling.

The main principles of psychological counseling are voluntariness and confidentiality. The clients can use different psychological services depending on their motivation, and readiness. In the process of consultation, a formulation and a therapeutic plan are prepared, that can be updated and current goals are set, the implementation of which allows the client to move to the next stage of recovery.

Planning the prevention of recurrence of mental problems or disorders is crucial to maintaining long-lasting recovery and retention in the workplace for young people with mental health problems.

Common factors contributing to relapse may include:

- Emotional or mental problems: Negative emotional states such as depression, anger, anxiety or even boredom often create high-risk situations associated with relapse. An uncontrolled mental health problem can be one of the most risk factors for relapse.

- Conflicts: Situations that involve conflict with other people can cause feelings of anxiety and / or frustration, which can eventually lead to relapse.

- Social tension: Social pressure includes both verbal and non-verbal pressure from friends or people in the social environment. Any social situation that involves drug use facilitates relapse and should be avoided.

- Strong emotional experiences such as bonding with a partner, divorce/separation, loss of a loved one and celebrations can often play a large role in relapse.

*Providing therapeutic services, counseling and support for depression, anxiety, suicide risk, eating disorders, addictions, etc. of the future clients of the project LIKE - "Life Investment is the key to employment" implemented by association "SPOC" in full compliance with and based on European and national legislation and professional standards.*