



CHARLOTTE COUNTY

# Mental Health Resource Guide

Florida  
**HEALTH**  
Charlotte County

2024



**IF YOU ARE IN NEED OF ASSISTANCE, CALL NOW:**

**call 911**

**Emergencies**

An emergency situation that requires immediate assistance from the police, fire department, ambulance, or other first responder.

**call 988**

**Mental Health Crisis**

24/7, free and confidential support for people in distress, and provides prevention and crisis resources.

**call 211**

**Mental Health Assistance and Referrals**

24/7, free and confidential, highly-trained community specialists available to help access local resources and services.



## Areas of Expertise

- Addiction / drug abuse
- Alcohol use
- Anger management
- Anxiety
- Behavioral issues
- Bipolar disorder
- Cancer
- Coping skills
- Divorce
- Domestic violence
- Grief
- Infidelity
- Internet addiction
- Military issues; alcoholism and probation groups
- Mood disorders
- Personal journey-addiction
- Sexual abuse
- Sexual addiction
- Stress
- Substance use
- Suicidal ideation

## Services Provided

- Individual counseling
- Family therapy
- Group counseling

## Session Delivery Options

- In-person sessions
- Telehealth sessions



[Accepted insurance and payment options.](#)

## Areas of Expertise

- Adverse childhood experiences (ACEs)
- Anxiety and depression
- Couples
- Family
- Parents
- PTSD
- Trauma

## Services Provided

- Individual
- Couples counseling
- Family counseling

## Session Delivery Options

- Telehealth sessions



[Accepted insurance and payment options.](#)

# Charlotte Behavioral Health Care

[CBHCFL.org](http://CBHCFL.org)

## Main Campus

1700 Education Ave.  
Punta Gorda, FL 33950  
 **941-639-8300**

## Family Services Center

21500 Gibraltar Drive, Unit 5  
Port Charlotte, FL 33952

## Areas of Expertise

- Therapeutic behavioral on-site
- Psychiatric services
- Medication assisted treatment (MAT)
- MAT support group



## Services Provided

- Case management
- C.A.T. services
- Children and adolescent services
- Court services
- Crisis services/central receiving facility
- Family support and prevention services
- Homeless services
- Integrated response for intervention and support


## Session Delivery Options

- In-person sessions
- Telehealth sessions

## Recovery Center

 **941-347-6444**  
 **877-703-5267** (toll-free)

## Desoto Psychiatric

Services and S.H.A.R.E. Spot  
Desoto Drop-In Center  
513 E. Hickory St., Arcadia, FL 34266  
 **941-639-8300**

- Self-help and recovery exchange (S.H.A.R.E.) spot
- Teleservices
- Therapeutic family care
- Trauma therapy

- Outpatient services
- Overdose prevention
- Project HOPE
- Psychiatric services
- S.H.A.R.E. spot drop-in center
- Substance use-inpatient
- Substance use-outpatient
- Teleservices
- Therapeutic family care
- Trauma therapy



[Accepted insurance and payment options.](#)

## The Center for Progress and Excellence (CPE)

1500 Colonial Blvd Suite 233  
Fort Myers, FL 33907

[progressandexcellence.com](http://progressandexcellence.com)

☎ 239-689-8490

Crisis hotline:

☎ 844-395-4432

Available 24/7

### Areas of Expertise

- Crisis intervention
- Outpatient mental health treatment
- Social services

### Session Delivery Options

- In person sessions
- Telehealth sessions



*This provider operates at no cost to clients.*

### Services Provided

- Individual counseling
- Assistance with benefit applications
- Liaison with law enforcement
- Direct assistance
- Transportation Assistance
- Referral for medical, dental and other services
- Liaison with legal aid
- Community orientation and integration assistance

## Cornerstone Alliance Network ☎ 941-979-9432

1777 Tamiami Trail, Suite 411, Port Charlotte, FL 33948  
[CanTherapy.net](http://CanTherapy.net)

### Areas of Expertise

- ADHD
- Cognitive behavioral therapy
- Psychotherapy
- Psychiatry
- Substance abuse

### Services Provided

- Individual therapy
- Intake/diagnostic evaluations
- Group therapy
- Family therapy
- Neurocognitive evaluations

### Session Delivery Options

- In person sessions



*Call this provider directly for accepted insurance and payment options.*



## Dandelion Behavioral Health

 941-780-4268

1777 Tamiami Trail, Suite 500, Port Charlotte, FL 33948  
[DandelionBehavioral.com](http://DandelionBehavioral.com)

### Areas of Expertise

- Anxiety and depression
- Children and adolescents
- Cognitive behavioral therapy (CBT)
- Eye movement desensitization and reprocessing (EMDR)
- Trauma-focused cognitive behavioral therapy (TF-CBT)

### Services Provided

- Child and adolescent counseling
- Group therapy
- Individual therapy
- Relationship counseling
- Trauma therapy

### Session Delivery Options

- In person sessions
- Telehealth sessions



*[Accepted insurance and payment options.](#)*

## Elite DNA Behavioral Health

 941-883-4518

3191 Harbor Blvd., Suite A&B, Port Charlotte, FL 33952  
[EliteDNA.com](http://EliteDNA.com)

### Areas of Expertise

- Applied behavior analysis
- Care coordination
- Children's mental health
- Couples counseling
- Psychiatry
- Psychotherapy
- Speech and language
- Trauma
- Transcranial magnetic stimulation

### Services Provided

- Group therapy
- Family therapy
- Occupational therapy
- Speech and language therapy
- Trauma therapy

### Session Delivery Options

- In-person
- Telehealth



*[Accepted insurance and payment options.](#)*



# Florida Department of Children and Families

 239-332-2822

2295 Victoria Ave., Suite 249, Fort Myers, FL 33901  
[MyFLFamilies.com](http://MyFLFamilies.com)

## Areas of Expertise

- Adult mental health
- Children's mental health
- Mental health treatment facilities
- Overdose prevention
- Substance abuse prevention
- Suicide prevention
- Youth tobacco prevention

## Services Provided

Services provided through the Department of Children and Families are facilitated by local programs.



## Session Delivery Options

- In-person sessions
- Telehealth sessions

*Call your local program to learn more about fees.*

*[Learn more about programs available in Charlotte County.](#)*

## Lee Health Trauma

 [Phone Directory](#)

[Explore locations across Southwest Florida](#)  
[LeeHealth.org](http://LeeHealth.org)

## Areas of Expertise

Lee Health Trauma offers extensive expertise across mental health and other areas.

See [Lee Health's services](#) for more information.

## Care Options

- Emergency care
- In-person care
- Telehealth
- Urgent care



*[Accepted insurances and payment options.](#)*

# Momentum Counseling

📞 941-206-2480

4055 Tamiami Trail, Port Charlotte, FL 33980

[MomentumCounselingCenter.com](http://MomentumCounselingCenter.com)

## Areas of Expertise

- ADHD
- Addiction and substance abuse
- Anxiety and depression
- Bipolar disorder
- Career counseling
- Chronic impulsivity, pain, and relapse
- Coping skills
- Divorce
- Domestic abuse
- Dual diagnosis
- Family conflict
- Gambling
- Grief
- Parenting
- Probation/court ordered treatment
- Relationship issues
- Self-esteem
- Self-harm
- Trauma and PTSD
- Thinking and mood disorders

## Services Provided

- Addiction counseling
- Anger management
- Batterers intervention
- Mental health counseling
- Substance abuse counseling

## Session Delivery Options

- In-person
- Telehealth



[Accepted insurances and payment options.](#)

# Mothers Against Drunk Driving 📞 239-791-7560

[MADD.org](http://MADD.org)

## Areas of Expertise

- Civil justice systems
- Criminal justice systems
- Emotional support
- Referrals

## Services Provided

- Civil and criminal justice system guidance
- Emotional support groups for children, individuals, and families
- Support groups for survivors and victims

## Session Delivery Options

- In-person



*This provider operates at no cost to clients.*

# National Alliance on Mental Illness (NAMI) 239-337-9024

8191 College Parkway, Suite 201, Fort Myers, FL 33919  
[NamiLee.org](http://NamiLee.org)

## Areas of Expertise

- Crisis intervention
- Mental health education
- Mental health first aid
- Presentations
- Support groups

## Services Provided

- Education and trainings
- Support groups

## Session Delivery Options

- In-person
- Telehealth



*This provider operates at no cost to clients.*

# Paradise Behavioral Health 941-347-8341

25097 E Olympia Ave., Suite 201, Punta Gorda, FL 33950  
[ParadiseBehavioral.com](http://ParadiseBehavioral.com)

## Areas of Expertise

- Anxiety
- Addiction
- ADHD
- Depression
- Integrative psychiatry
- TBI/HRT
- TMS

## Services Provided

- Brain well treatment plans
- Brain well program
- Psychiatric evaluation
- Depression treatment
- PTSD treatment
- TMS
- MAT program

## Session Delivery Options

- In-person
- Telehealth



[Accepted insurance and payment options.](#)



# Peace River Psychology Center

425 Cross St., Suite 111  
Punta Gorda, FL 33950

📞 941-505-6162

2525 Harbor Blvd., Suite 208  
Port Charlotte, FL 33952

📞 941-255-5489

[PeaceRiverPsychology.com](http://PeaceRiverPsychology.com)

## Areas of Expertise

- Anger management
- ADD/ADHD
- Affairs
- Alcohol abuse
- Anxiety
- Bariatric evaluations
- Caregiver stress
- Chronic health conditions
- College adjustment
- Communication skills
- Dementia
- Depression
- Divorce
- Family conflict/issues
- Grief and loss
- Health-related stress
- Life transitions
- Loneliness
- Relationship problems
- Men's issues
- Midlife crisis
- Memory impairment
- Mood disorders
- OCD
- Parenting issues
- Personal growth
- Pre-marital counseling
- PTSD
- Retirement
- Self-esteem
- Sexual abuse
- Spiritual issues
- Stress
- Substance abuse
- Terminal illness
- Weight management
- Women's issues
- Work/life balance

## Services Provided

- Bariatric pre-surgical evaluations
- Child and adolescent services
- Couples counseling
- Individual therapy
- Neuropsychological assessment
- Psychotherapy

## Session Delivery Options

- In-person
- Telehealth



[Accepted insurance and payment options.](#)

## Psychiatric Associates of Charlotte County

 941-764-0444

3390 Tamiami Trail, Suite 104, Port Charlotte, FL 33952

### Services Provided

- Individual counseling
- Family counseling
- Group counseling

### Session Delivery Options

- In-person



*Call this provider directly for accepted insurance and payment options.*

## Seabreeze Behavioral Medicine

 941-766-9555

3191 Harbor Blvd., Suite A, Port Charlotte, FL 33952

### Areas of Expertise

- Neurology
- Psychiatry
- Psychotherapy
- Psychoanalysis

### Services Provided

- Individual therapy
- Family therapy
- Group therapy

### Session Delivery Options

- In-person
- Telehealth



*Call this provider directly for accepted insurance and payment options.*



## Areas of Expertise

- Psychiatric Specialty Areas:
  - Baker Act receiving facility (Florida Mental Health Act, Chapter 394, Part I, Florida Statutes)
  - Anxiety disorders
  - Post-traumatic stress disorder (PTSD)
  - Geriatric psychiatry
  - Memory disorders
  - Mood disorders
  - Obsessive-compulsive disorder
  - Schizophrenia

## Services Provided

- Activity therapies:
  - Social
  - Creative
  - Physical
  - Spiritual
  - Musical
- Individual therapy
- Family therapy
- Group therapy
- Medical monitoring and assessment

## Session Delivery Options

- In-person
- Telehealth



[Accepted insurance and payment options.](#)

## Twin Rivers Pathways

 941-766-0171

4161 Tamiami Trail, Unit 302, Port Charlotte, FL 33952

[Facebook.com/TwinRiversPathways](https://www.facebook.com/TwinRiversPathways)

### Areas of Expertise

- Anxiety and depression
- Behavioral health monitoring
- Functional decline adjustment
- Grief/loss
- Medication management
- Substance abuse and addiction

### Services Provided

- Individual therapy
- Family therapy
- Group therapy
- Medication management

### Session Delivery Options

- In-person



*Call this provider directly for accepted insurance and payment options.*

## Valerie's House

 239-204-5804

233 E McKenzie St., Punta Gorda, FL 33950

[ValeriesHouse.org](https://www.ValeriesHouse.org)

### Areas of Expertise

- Counseling
- Financial assistance
- Food assistance
- Grief
- Legal assistance
- Referrals
- School peer support

### Services Provided

- Individual counseling
- Support groups

### Session Delivery Options

- In-person



*This provider operates at no cost to clients.*





# You are Not Alone

Anxiety, depression, panic attacks, and high levels of stress are normal reactions to a disaster or traumatic event. Make sure to use healthy ways to cope with the feelings you may be experiencing.

## We Are Here For You

### **Call 211**

Thousands of caring experts are available to help, 24/7. Calls are confidential and can be anonymous.

### **Call 988**

Provides 24/7, free and confidential support for people in distress.

## Start to Heal

[HopeForHealingFL.com](https://www.HopeForHealingFL.com)

Connects Floridians to local resources for assistance with mental health and substance abuse services.







Learn more at  
[Charlotte.FloridaHealth.gov](https://Charlotte.FloridaHealth.gov)