

CHARLOTTE COUNTY Mental Health Resource Guide



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.



Annette Fiedler Counseling

🐛 941-255-0616

22119 Elmira Blvd., Port Charlotte, FL 33952 <u>AfiedlerCounseling.com</u>

Areas of Expertise

- Addiction / drug abuse
- Alcohol use
- Anger management
- Anxiety
- Behavioral issues
- Bipolar disorder
- Cancer
- Coping skills
- Divorce
- Domestic violence
- Grief

Services Provided

- Individual counseling
- Family therapy
- Group counseling



Accepted insurance and payment options.

CARE Institute

MyCareInstitute.com

InfidelityInternet addiction

- Military issues; alcoholism and probation groups
- Mood disorders
- Personal journey-addiction
- Sexual abuse
- Sexual addiction
- Stress
- Substance use
- Suicidal ideation

Session Delivery Options

- In-person sessions
- Telehealth sessions

(239-989-3049

Areas of Expertise

- Adverse childhood experiences (ACEs)
- Anxiety and depression
- Couples

Services Provided

- Individual
- Couples counseling
- Family counseling

- Family
- Parents
- PTSD
- Trauma

Session Delivery Options

Telehealth sessions



<u>Accepted insurance and payment options</u>.

Charlotte Behavioral Health Care CBHCFL.org

Main Campus

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

Family Services Center

21500 Gibralter 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

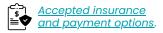
(941-347-6444 **(** 877-703-5267 (toll-free)

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



The Center for Progress and Excellence (CPE)

1500 Colonial Blvd Suite 233 Fort Myers, FL 33907

progressandexcellence.com

Areas of Expertise

- Crisis intervention
- Outpatient mental health treatment
- Social services

Session Delivery Options

- In person sessions
- Telehealth sessions

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This provider operates at no cost to clients.

Services Provided

- Individual counseling
- Assistance with benefit applications
- Ligison with law enforcement

📞 239-689-8490

Crisis hotline:

- Direct assistance
- **Transportation Assistance**
- Referral for medical, dental and other services
- · Liaison with legal aid

Services Provided

Individual therapy

Group therapy

Family therapy

Neurocognitive evaluations

Community orientation and integration assistance

Cornerstone Alliance Network 🛛 🐛 941-979-9432

1777 Tamiami Trail, Suite 411, Port Charlotte, FL 33948 CanTherapy.net

Areas of Expertise

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

Session Delivery Options

In person sessions



Call this provider directly for accepted insurance and payment options.

📞 844-395-4432 Available 24/7 Intake/diagnostic evaluations

Dandelion Behavioral Health 🛛 🐛 941-780-4268

1777 Tamiami Trail, Suite 500, Port Charlotte, FL 33948 DandelionBehavioral.com

Areas of Expertise

- Anxiety and depression
- Children and adolescents
- Cognitive behavioral therapy (CBT)

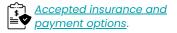
Services Provided

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

- Eye movement desensitization and reprocessing (EMDR)
- Trauma-focused cognitive behavioral therapy (TF-CBT)

Session Delivery Options

- In person sessions
- Telehealth sessions



Elite DNA Behavioral Health 🐧 941-883-4518

3191 Harbor Blvd., Suite A&B, Port Charlotte, FL 33952 <u>EliteDNA.com</u>

Areas of Expertise

- Applied behavior analysis
- Care coordination
- Children's mental health
- Couples counseling
- Psychiatry

Services Provided

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

- Psychotherapy
- Speech and language
- Trauma
- Transcranial magnetic stimulation

Session Delivery Options

- In-person
- Telehealth



<u>Accepted insurance and</u> <u>payment options</u>.

Florida Department of Children and Families

2295 Victoria Ave., Suite 249, Fort Myers, FL 33901 MyFLFamilies.com

Areas of Expertise

- Adult mental health
- · Children's mental health
- Mental health treatment facilities
- Overdose prevention

Services Provided

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

\$ 239-332-2822

- Suicide prevention
- Youth tobacco prevention

Session Delivery Options

- In-person sessions
- Telehealth sessions

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Learn more about programs available in Charlotte County.

Lee Health Trauma

📞 <u>Phone Directory</u>

Explore locations across Southwest Florida LeeHealth.org

Areas of Expertise

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

See <u>Lee Health's services</u> 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 <u>MomentumCounselingCenter.com</u>

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

Services Provided

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



Accepted insurances and payment options.

- Family conflict
- Gambling
- Grief
- Parenting
- Probation/court ordered
 treatment
- Relationship issues
- Self-esteem
- Self-harm
- Trauma and PTSD
- Thinking and mood disorders

Session Delivery Options

- In-person
- Telehealth

Mothers Against Drunk Driving 📞 239-791-7560

Areas of Expertise

- · Civil justice systems
- Criminal justice systems

Services Provided

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

- Emotional support
- Referrals
- 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 <u>NamiLee.org</u>

Areas of Expertise

- Crisis intervention
- Mental health education
- Mental health first aid

Services Provided

- Education and trainings
- Support groups

- Presentations
- Support groups

Session Delivery Options

- In-person
- Telehealth



This provider operates at no cost to clients.

New Season Treatment

(941-639-3131

Center 20580 Veterans Boulevard, Port Charlotte, FL 33954 <u>www.newseason.com</u>

Areas of Expertise

- Opioid Addiction Counseling
- Medication-Assisted
 Treatment

Services Provided

- Medication-Assisted Treatment (MAT)
- Counseling: individual one-on-one, group and family
- Medically supervised withdrawal
- Medical exams

Session Delivery Options

• In-person

- Methadone Addiction Treatment
- Buprenorphine Addiction
 Treatment
- Outpatient services
- Referrals
- · Confidentiality
- Take-home benefits after meeting key criteria



<u>Accepted insurance and</u> <u>payment options.</u>

Paradise Behavioral Health 🛛 🐛 941-347-8341

25097 E Olympia Ave., Suite 201, Punta Gorda, FL 33950 ParadiseBehavioral.com

Areas of Expertise

- Anxiety
- Addiction
- ADHD
- Depression

Services Provided

- Brain well treatment plans
- Brain well program ٠
- Psychiatric evaluation
- Depression treatment •

Session Delivery Options

- In-person •
- Telehealth

- Integrative psychiatry
- TBI/HRT
- TMS
- PTSD treatment
 - TMS
- MAT program



Accepted insurance and payment options.



Peace River Psychology Center

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

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

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

Services Provided

- Bariatric pre-surgical evaluations
- Child and adolescent services
- Couples counseling

Session Delivery Options

- In-person
- Telehealth

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
- Individual therapy
- Neuropsychological assessment
- Psychotherapy



<u>Accepted insurance and</u> <u>payment options</u>.

🐛 941-505-6162

& 941-255-5<mark>48</mark>9

Psychiatric Associates of Charlotte County

🐛 941-764-0444

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

Services Provided

Session Delivery Options

- Individual counseling
- In-person
- Family counselingGroup counseling



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

Services Provided

Individual therapy

Family therapy

Group therapy

- Neurology
- Psychiatry
- Psychotherapy
- Psychoanalysis

Session Delivery Options

- In-person
- Telehealth



Call this provider directly for accepted insurance and payment options.

ShorePoint Behavioral Health

809 E Marion Ave., Punta Gorda, FL 33950 ShorepointHealthCharlotte.com

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

(941-639-3131

- Memory disorders
- Mood disorders
- Obsessive-compulsive disorder
- Schizophrenia

Services Provided

- Activity therapies:
 - Social
 - Creative
 - Physical
 - Spiritual
 - Musical

Session Delivery Options

- In-person
- Telehealth

- Individual therapy
- Family therapy
- Group therapy
- Medical monitoring and assessment



<u>Accepted insurance and</u> <u>payment options</u>.

Twin Rivers Pathways

🐛 941-766-0171

4161 Tamiami Trail, Unit 302, Port Charlotte, FL 33952 <u>Facebook.com/TwinRiversPathways</u>

Areas of Expertise

- Anxiety and depression
- Behavioral health
 monitoring
- Functional decline adjustment

Services Provided

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

Call this provider directly for accepted insurance
 and payment options.

Valerie's House

📞 239-204-5804

233 E McKenzie St., Punta Gorda, FL 33950 <u>ValeriesHouse.org</u>

Areas of Expertise

- Counseling
- Financial assistance
- Food assistance
- Grief

Services Provided

- Individual counseling
- Support groups

- Legal assistance
- Referrals
- School peer support

Session Delivery Options

In-person



This provider operates at no cost to clients.

Session Delivery Options

Medication management
Substance abuse and

In-person

addiction

Grief/loss

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

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





Learn more at Charlotte.FloridaHealth.gov