

CHARLOTTE COUNTY

Mental Health Resource Guide

2026-2027



IF YOU ARE IN NEED OF ASSISTANCE, CALL NOW:

call 911

Emergencies

An emergency is a situation that requires immediate assistance from the police, fire department, or ambulance.

call 988

Suicide and Crisis Lifeline

The 988 Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7 across the United States and its territories. Call, text, or chat at 988lifeline.org.

call 1-800-662-4357

SAMHSA National Helpline

SAMHSA provides referrals and information about mental health and drug or alcohol use disorders, prevention, and recovery.



Annette Fiedler Counseling

941-255-0616

22119 Elmira Blvd., Port Charlotte, FL 33952

AFiedlerCounseling.com

Areas of Expertise

- Addiction and drug abuse
- Alcohol use
- Anger management
- Anxiety
- Behavioral issues
- Bipolar disorder
- Cancer
- Coping skills
- Divorce
- Domestic violence
- Grief
- Infidelity
- Internet addiction
- Military and veterans
- Mood disorders
- Sexual abuse
- Sexual addiction
- Suicidal ideation

Services Provided

- Individual counseling
- Family therapy
- Group counseling
- Assessment and treatment

Session Delivery Options

- In-person sessions
- Telehealth sessions

Accepts medical insurance

CARE Institute

239-989-3049

MyCareInstitute.com

Areas of Expertise

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

Services Provided

- Individual, couple, and family counseling
- Group therapy
- Family mediation

Session Delivery Options

- In-person
- Telehealth

Accepts insurance and sliding fee scale





Center for Abuse & Rape Emergencies (C.A.R.E.)

941-639-5499

Domestic Abuse Hotline:
941-627-6000
Available 24/7

PO Box 510234 Punta Gorda, FL 33951
CareFL.org

Areas of Expertise

- Advocacy and support services for victims of domestic violence and sexual abuse.

Session Delivery Options

- In-person and telephone

Free

Services Provided

- 24/7 Sexual Violence Helpline: 941-637-0404
- Accompaniment
- Safety Planning
- Counseling
- Hospital Advocacy
- Legal and Victim Advocacy
- Safe Haven/Shelter
- Community Education
- Economic Empowerment Program

Children's Advocacy Center of Southwest Florida

239-939-2808

21500 Gibralter Drive, Port Charlotte, FL 33952
CAC-SWFL.org

Areas of Expertise

- Child abuse or neglect
- Trauma-focused cognitive behavioral therapy
- Eye movement desensitization and reprocessing

Session Delivery Options

- In-person
- Telehealth

Services Provided

- Individual therapy
- Group therapy
- Trauma therapy
- Sexual Abuse Treatment Program
- Children's Outreach and Prevention Education Program

Free for qualifying clients

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

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

Areas of Expertise

- Therapeutic behavioral on-site
- Psychiatric services
- Medication assisted treatment (MAT)
- MAT support group
- Self-help and recovery exchange (S.H.A.R.E.) spot
- Teleservices
- Therapeutic family care
- Trauma therapy

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
- 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

Session Delivery Options

- In-person
- Telehealth

Accepts insurance, payment plans, and sliding fee scale





Crisis Prevention & Empowerment

1500 Colonial Blvd., Ste. 233, Fort Myers, FL 33907
CPEcares.org

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
- Telehealth

Accepts insurance Free and sliding fee scale for qualifying 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

Dandelion Behavioral Health

941-780-4268

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

Areas of Expertise

- Anxiety
- Depression
- Trauma
- Neurodivergence and ADHD

Session Delivery Options

- In-person
- Telehealth

Services Provided

- Child and adolescent counseling
- Individual counseling
- Couples counseling
- Family counseling
- Trauma therapy
- Eye movement desensitization and reprocessing
- Trauma-focused cognitive behavioral therapy

Accepts insurance and limited sliding fee scale

Elite DNA Behavioral Health

941-883-4518

3191 Harbor Blvd., Suite A and B, Port Charlotte, FL 33952
EliteDNA.com

Areas of Expertise

- ADHD
- Anxiety
- Bipolar disorder
- Depression
- OCD
- PTSD
- Postpartum depression
- Insomnia
- Stress and burnout
- Social anxiety disorder

Services Provided

- Psychiatry
- Psychotherapy
- Medication management
- Trauma, group, and family therapy
- Couples counseling
- Occupational therapy
- Applied behavior analysis
- Speech and language therapy

Session Delivery Options

- In-person
- Telehealth

Accepts insurance

Empath Blue Butterfly Children's Grief Care

941-893-6610

2565 S Tamiami Trail, Port Charlotte, FL 33952
BlueButterflyCenter.org

Areas of Expertise

- Children and family grief counseling and support groups

Services Provided

- School-based grief groups
- Individual grief counseling for children
- Parent grief coaching
- Children and family grief support groups

Session Delivery Options

- In-person

Free for eligible individuals





Florida Department of Children and Families

239-332-2822

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

Services Provided

- Care coordination
- Case management
- Crisis intervention
- Mental health and substance abuse treatment
- Psychoeducation
- Respite care
- Therapy
- Transportation assistance

Areas of Expertise

- Behavioral health of children and young adults
- Suicide prevention

Session Delivery Options

- In-person
- Telehealth

Call DCF to learn more about any potential fees.

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

Lee Health

239-343-9188

12550 New Brittany Blvd., Suite 100, Fort Myers, FL 33907
LeeHealth.org

Lee Health's Behavioral Health Center staff includes psychiatrists, licensed clinical social workers, advanced registered nurse practitioners, and registered nurses.

Accepts insurance

Services Provided

- Medication management
- Individual therapy
- Group therapy
- Case management

Session Delivery Options

- In-person

JFCS of the Suncoast

941-366-2224

2688 Fruitville R., Sarasota, FL 34237
JFCS-cares.org

Areas of Expertise

- EMDR
- Trauma-informed therapy
- Depression
- Anger Management
- Behavioral disorders
- Bereavement
- Marital counseling
- Phobias
- PTSD
- Stress reduction
- Abuse survivors
- Substance abuse
- Divorce and stepfamilies

Services Provided

- Individual and family counseling
- Couple's and group therapy

Session Delivery Options

- In-person
- Telehealth

Some services limited to Sarasota and Manatee residents

Accepts insurance

Lutheran Services Florida

239-278-1030

3634 Central Ave., Fort Myers, FL 33901
LSFnet.org

Areas of Expertise

- Prevention
- Individual and family counseling
- Behavior and emotion regulation
- Referrals
- Case management

Services provided

- Individual counseling (6-17)
- Residential services (10-17)
- Stop Now and Plan (6-11)
- Homeless services (6-21)

Session Delivery Options

- In-person

Free for qualifying clients





Momentum Counseling Center 941-206-2480

4055 Tamiami Trail, Port Charlotte, FL 33980
MomentumCounselingCenter.com

Areas of Expertise

- ADHD
- Addiction
- Anxiety and depression
- Bipolar disorder
- Career counseling
- Chronic impulsivity, pain, and relapse
- Coping skills
- Divorce
- Domestic abuse
- Family conflict
- Gambling
- Grief
- Parenting
- Probation/court ordered treatment
- Relationship issues
- Self-esteem and 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

- Telehealth

Accepts insurance

Mothers Against Drunk Driving 239-791-7560

MADD.org

Areas of Expertise

- Civil justice system
- Criminal justice system
- 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

Free

National Alliance on Mental Illness (NAMI)

239-337-9024

8191 College Parkway, Suite 201, Fort Myers, FL 33919
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

Free

New Season Treatment Center

1-877-284-7074

20580 Veterans Boulevard, Port Charlotte, FL 33954
NewSeason.com

Areas of Expertise

- Opioid addiction counseling
- Medication-assisted treatment
- Methadone addiction treatment
- Buprenorphine Addiction Treatment

Services Provided

- Medication-assisted treatment
- Counseling: individual one-on-one, group, and family
- Medically supervised withdrawals
- Medical exams
- Outpatient services
- Referrals
- Take-home benefits after meeting key criteria

Session Delivery Options

- In-person

Accepts insurance
Inquire about grant opportunities





North Port Behavioral Health

877-505-0218

4501 Citizens Parkway, North Port, FL 34288

NorthPortBehavioral.com

Areas of Expertise

- Adjustment disorder
- Anxiety
- Bipolar disorder
- Psychosis
- PTSD and Trauma
- Schizoaffective disorder
- Schizophrenia
- Self-harm
- Suicidal ideation
- Alcohol addiction
- Benzo, opioid, and prescription drug addiction

Services Provided

- Adolescent inpatient treatment (12-17)
- Adult inpatient treatment
- Senior inpatient treatment
- Detox

Session Delivery Options

- In-person

Accepts insurance and payment plans

Operation PAR, Inc.

941-613-0951

946 Tamiami Trail, Suite 201, Port Charlotte, FL 33953

OperationPAR.org

Areas of Expertise

- Substance use treatment of opiates such as heroin, Oxycontin, and fentanyl

Session Delivery Options

- In-person

Accepts insurance

Services provided

- Medication-assisted substance use treatment
- Counseling and behavioral therapy
- Behavioral analysis
- Physical exam and labs
- Treatment plans
- Specialized pregnancy treatment options

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
- Integrative psychiatry
- PTSD
- Traumatic Brain Injury and HRT

Services Provided

- Brain Well program
- Genetic testing
- TMS Therapy
- Medication management
- Psychiatric evaluation
- Talk therapy
- Transcranial Magnetic Stimulation

Session Delivery Options

- In-person
- Telehealth

Accepts insurance





Peace River Psychology

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

Areas of Expertise

- Anger management
- 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 and 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

Accepts insurance

TGH OutPatient Behavioral

941-766-0171

4161 Tamiami Trail, Unit 302, Port Charlotte, FL 33952
TGH.org

TGH DeSoto Outpatient Behavioral Health provides outpatient mental health services for adults.

Areas of Expertise

- Self-harm and suicidal thinking
- PTSD and trauma
- Depression and anxiety
- Substance use and addiction
- Bipolar Disorder
- Co-occurring conditions
- Grief and hopelessness
- Family support

Services Provided

- Intensive outpatient program
- Outpatient psychiatric services
- Outpatient therapy services
- Individual therapy
- Group therapy
- Family therapy

Session Delivery Options

- In-person

Accepts insurance

Valerie's House

239-204-5804

233 E McKenzie St., Punta Gorda, FL 33950
ValeriesHouse.org

Areas of Expertise

- Grief support for children and families

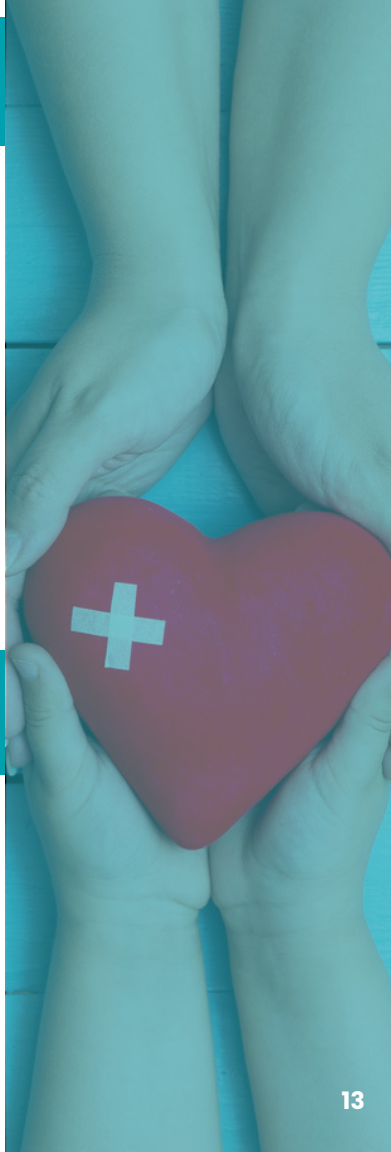
Session Delivery Options

- In-person

Services Provided

- Peer-to-peer grief support groups
- Individualized grief counseling
- School peer-to-peer support groups
- Programa en español

Free for qualifying clients





You are Not Alone

Mental health lays the foundation for positive growth. Mental health not only affects an individual; it also impacts families and communities.

You are not alone

Call 988
Free and confidential emotional support to people in suicidal crisis or emotional distress 24/7 across the United States and its territories.

Call 1-800-662-4357
Get treatment referral and information about mental health and drug or alcohol use disorders, prevention, and recovery.

Start to heal

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



