



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

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

 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

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

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

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

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

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

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

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

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.



New Season Treatment Center

 941-639-3131

20580 Veterans Boulevard, Port Charlotte, FL 33954
www.newseason.com

Areas of Expertise

- Opioid Addiction Counseling
- Medication-Assisted Treatment
- Methadone Addiction Treatment
- Buprenorphine Addiction Treatment

Services Provided

- Medication-Assisted Treatment (MAT)
- Counseling: individual one-on-one, group and family
- Medically supervised withdrawal
- Medical exams
- Outpatient services
- Referrals
- Confidentiality
- Take-home benefits after meeting key criteria

Session Delivery Options

- In-person



[Accepted insurance and payment 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
- 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

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.





ShorePoint Behavioral Health

📞 941-639-3131

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
 - 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