

Emotional Well-Being and Mental Health:

For crisis, emergency, or fear of safety, call 911.

LOCAL:

- Charlotte Behavioral Health Care: [Charlotte Behavioral Health Care | Punta Gorda, Florida \(cbhcf.org\)](https://www.cbhcf.org)
 - Main Number 941-639-8300
 - Central Receiving Facility 941-575-0222 (crisis)
- [Crisis Services / Central Receiving Facility | Charlotte Behavioral \(cbhcf.org\)](https://www.cbhcf.org)
 - Recovery Center/Detox 941-347-6444
 - Toll Free: 1-877-703-5267

Charlotte Behavioral Health Care
1700 Education Avenue
Punta Gorda, FL 33950

Facility – self admission

Sliding scale for cost - Medicare and uninsured, etc

CBHC has many partnerships

- C.A.R.E. – for crisis: 24- hr Hotline and Safety/Shelter [Our Services - C.A.R.E. - The Center for Abuse and Rape Emergencies \(carefl.org\)](https://www.carefl.org)
- Elite DNA - [Elite DNA Behavioral Health, Therapy and Psychiatry in Florida](https://www.elitedna.com)
- IRIS team - INTEGRATED RESPONSE FOR INTERVENTION AND SUPPORT
- CALL 211 – can provide information.

VIRTUAL MENTAL HEALTH SUPPORT:

- Talkspace - [Talkspace - #1 Rated Online Therapy, 1 Million+ Users](https://www.talkspace.com)
- Headway - [Headway | Find Therapists Covered by Your Insurance](https://www.headway.com)
- Alma - [Alma — Simplifying Access to Therapy \(helloalma.com\)](https://www.helloalma.com)
- Path - [Path Mental Health - Therapists Online, Specializing in You](https://www.pathmentalhealth.com)
- Grow Therapy - [Grow Therapy - Find a therapist who meets your needs](https://www.growtherapy.com)

NATIONAL:

- **Crisis and Suicide Lifeline:** Call or Text 988 or chat at www.988lifeline.org
- **Crisis Text Line:** Text HOME to 741741
- **Mental Health America's Mental Health Screening Tools:** <https://mhanational.org/self-help-tools>
- **National Alliance on Mental Illness (NAMI):** <https://www.nami.org>
- **MentalHealth.gov:** <https://www.mentalhealth.gov>
- **National Sexual Assault Hotline:** 1-800-656-HOPE

Emotional Well-Being and Mental Health:

- **Mental health professionals:** Therapists, psychiatrists, and other mental health professionals can provide treatment and support for people with mental health problems. Check your current medical plan and/or EAP for coverage.
- **Support groups:** Support groups can provide a safe and supportive space for people to connect with others who are experiencing similar challenges.
- **Online resources:** There are many online resources available to provide information and support on mental health issues. Some examples include the National Alliance on Mental Illness (NAMI) website and the MentalHealth.gov website.

“It is during our darkest moments that we must focus to see the light.” — Aristotle

“There is hope, even when your brain tells you there isn’t.” — John Green