

Charlie Health's Referral Process

Charlie Health's virtual treatment programs are designed for teens and adults who need more than once-weekly therapy. We specialize in treating high acuity mental health conditions and look forward to providing care to your clients. To make a referral, follow the steps below or reach out to me directly!

HOW TO MAKE A REFERRAL

 Website: referrals.charliehealth.com

 Email: referrals@charliehealth.com

 Phone: (986) 206-0414

 Fax: (406) 720-7793

INFORMATION WE NEED

Please have the following information ready:

- Client name and date of birth
- Guardian/client info, if applicable
- Insurance info (if you have it)



Hi, I'm Krizelle Mamaril

I'd love to connect! To get in touch with me or make a referral, reach out via:



krizelle.mamaril@charliehealth.com
(650) 436-9381
referrals.charliehealth.com

Charlie Health is now serving individuals up to **64 years old**

Charlie Health's virtual Intensive Outpatient Program (IOP) is designed for individuals who need more than once-weekly therapy. Each client receives a personalized treatment plan that includes group, individual, and family sessions multiple times per week. Our evidence-based programs take an affirming approach to care, creating a safe space for clients to process and heal together.

Conditions We Treat

Anxiety disorders	Depression	Bipolar disorder	Neurodivergence
Eating disorders	Postpartum depression	Chronic suicidal ideation	Substance use disorders
PTSD & trauma-related disorders	Personality disorders	Obsessive-compulsive disorder	and more

Refer Today



- All-virtual access
- Flexible scheduling, including nights & weekends
- Up to 9-12 treatment hours per week
- We work with most major insurance plans and Medicaid, where accepted



Treatment built for you

Charlie Health specializes in providing mental health support for teens and adults in need of more than once-weekly therapy. We'll match you into a personalized treatment plan based on your primary mental health conditions, age, lived experiences, and the treatment modality best suited for your needs and goals.

Conditions we treat:

- Anxiety disorders
- Depression
- Bipolar disorder
- Neurodivergence
- Gender dysphoria
- Chronic suicidal ideation
- Substance use disorders*
- PTSD & trauma-related disorders
- Personality disorders
- Obsessive-compulsive disorder
- Postpartum depression
- and more

*Charlie Health's virtual substance use disorder treatment program for individuals with a primary substance use disorder diagnosis is available in select states.

Our methods:

- Cognitive behavioral therapy (CBT)
- Dialectical behavior therapy (DBT) skills
- Art & music therapy
- Experiential therapy
- Compassion-focused therapy (CFT)
- Motivational interviewing
- Yoga, mindfulness & meditation
- Attachment-based family therapy (ABFT)
- Relational therapy
- Exposure & response prevention therapy (ERP)
- Trauma-focused CBT (TF-CBT)
- and more



Reach out today:
charliehealth.com/form
(986) 206-0414

Personalized intensive treatment for substance use disorders

Charlie Health provides virtual, structured treatment for teens and adults navigating substance use disorders and co-occurring mental health challenges. Our program combines group sessions, individual therapy, family therapy, and medication-assisted treatment (MAT) when clinically appropriate—all tailored to meet each client's needs and goals.

Conditions we treat:

- Substance use disorders (primary & co-occurring)
 - Alcohol use disorder
 - Cannabis use disorder
 - Opioid use disorder
 - Stimulant use disorder
- Depression
- Anxiety disorders
- PTSD & trauma
- ADHD & other neurodivergent conditions
- Postpartum depression
- Suicidal ideation
- Self-harm
- and more

Our methods:

- Cognitive behavioral therapy (CBT)
- Dialectical behavior therapy (DBT) skills
- Art & music therapy
- Experiential therapy
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- Motivational interviewing
- Yoga, mindfulness & meditation
- Attachment-based family therapy (ABFT)
- Relational therapy
- Exposure & response prevention therapy (ERP)
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- and more



Get Started



Reach out today!





(986) 206-0414

www.charliehealth.com/form





Charlie Health's Care Continuum

Charlie Health's IOP includes 9 hours of supported groups, 1 hour of individual therapy, and 1 hour of family therapy each week, among other services.

Core program

<p>Supported Groups</p>  <p>Curated groups that connect individuals with similar needs</p>	<p>Individual Therapy</p>  <p>Primary therapists assigned based on fit</p>	<p>Family Therapy</p>  <p>Weekly sessions to promote holistic healing and behavior change</p>	<p>Psychiatry / Med. Management</p>  <p>Initial evaluation and ongoing care from a psychiatrist or NP</p>
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Wrap-around care

<p>Family Support Groups</p>  <p>Clinician-led, curated groups for families with children in treatment</p>	<p>Care Coach</p>  <p>Approachable friend for encouragement and mentorship</p>	<p>24/7 Crisis Care</p>  <p>Clinicians on call 24/7 to respond to crises in between sessions</p>	<p>Case Management & Care Coordination</p>  <p>Dedicated end-to-end support & collaboration with outside providers</p>
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Connect

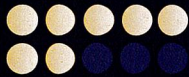
Connecting families to Charlie Health for care is simple.

Referring providers can reach out:
www.charliehealth.com/referrals
outreach@charliehealth.com
(866) 491- 5196

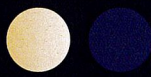


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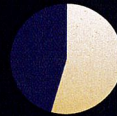
Life-saving clinical outcomes



7 in 10 had moderate or severe depression at intake



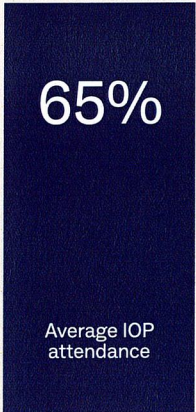
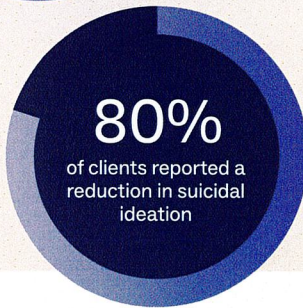
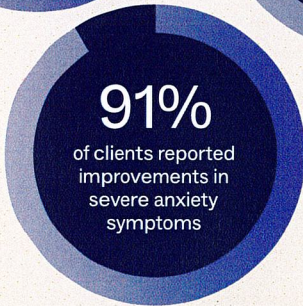
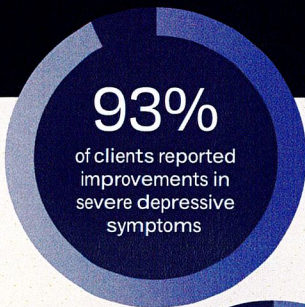
Nearly 50% attempted suicide in their lifetime prior to intake at CH



57% have admitted to inpatient or residential treatment in their lifetime



Two in three have moderate or severe anxiety at intake



“This program saved my life.”

—Elora D., Charlie Health Alum

96%
of clients were satisfied with their personalized primary therapist

96%
of families were satisfied with their loved one's personalized primary therapist

92%
of clients and families would recommend Charlie Health to a friend or family member



Gliske K, et al. "Mental Health Outcomes for Youths With Public Versus Private Health Insurance Attending a Telehealth Intensive Outpatient Program: Quality Improvement Analysis." JMIR Form Res 2022.

Analysis based on self-reported outcomes data and reported improvement at discharge from 2023 clients who had severe anxiety or moderately severe to severe depression at intake, at least 1 day of self-harm prior to intake, or reported thoughts of suicide prior to or at intake.