

Conditions we treat

Anxiety disorders	Depression	Bipolar disorder
Personality disorders	PTSD & trauma	Suicidal ideation
Neurodivergence	Gender dysphoria	Substance use disorders*
Postpartum depression	Self-harm	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.

How our admissions process works:

- 1 Call Admissions at (986) 206-0414 or visit charliehealth.com/form.
- 2 Once you connect with our team via phone, email, or our online form, have your insurance card and contact information ready to share.
- 3 Our team will review your insurance coverage and expected out-of-pocket costs.
- 4 A member of our Clinical Team will complete an initial assessment of your mental health history, needs, and goals. We'll then create your personalized treatment plan.
- 5 Charlie Health's Clinical Team will meet with you and your family (if involved) to finalize your treatment plan and schedule.

Why Charlie Health?

Personalized

Our Clinical Team matches each client into the clinical curriculum & group best suited for their primary diagnosis.

Immediate

We connect individuals in need of more than once-weekly therapy with treatment as soon as possible. With no waitlists, clients can get started in as little as 24 hours.

Flexible

With dozens of scheduling options, including nights & weekends, clients can keep up with their lives and routines while in treatment.

Accessible

As an all-virtual program, clients are able to join treatment sessions from the comfort of home or their preferred safe space.

Affordable

We work with most major insurance plans and Medicaid, where accepted. Our dedicated Benefits Team works to ensure that finances are never a barrier to treatment.



Personalized intensive therapy made for you



Call (986) 206-0414
Visit charliehealth.com



What is IOP?

An intensive outpatient program (IOP) is both a step-down & step-up mental health treatment option for people who need more than once-weekly therapy, providing the structured treatment clients need to thrive.

- Individuals who would benefit from a step-up treatment solution may be currently attending traditional once-weekly therapy but still seriously struggling with their mental health.

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 Individuals who would benefit from a step-down treatment solution may have been recently discharged from an ER, residential treatment program, or inpatient treatment facility and need ongoing support.

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About Charlie Health

Charlie Health is a leading mental healthcare provider that specializes in treating serious health conditions. Our program combines curated groups, individual therapy, and family therapy into personalized treatment plans. Clients meet in groups three times per week for three hours, in addition to weekly individual and family sessions for a total of up to 9-12 treatment hours per week for 9-12 weeks.



Heal together



Evidence-based care

Our clinicians use evidence-based therapies, including DBT skills, CBT, TF-CBT, relational therapy, experiential therapy, and more, to foster sustainable healing.

Comprehensive treatment

All clients and families have access to 24/7 crisis care, 20+ free family support groups, peer mentors, Alumni Programming, and more.

Specialized clinical programming

We offer specialized treatment programming for BIPOC, LGBTQIA+, trauma survivors, and neurodivergent clients and specialized programming for perinatal clients and clients in the military community.

Sample schedule

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
7-8pm	DBT Skills Group		CBT Skills Group		Family Session	CBT Skills Group
8-9pm	Processing		Music Therapy	Psychiatry Session*		Art Therapy
9-10pm	Emotional Awareness		Processing Hour	Individual Session		Emotional Awareness