

The journey with Charlie Health

Charlie Health provides specialized virtual care for kids, teens, and adults facing serious mental health, eating disorder, or substance use challenges, with treatment designed to meet their unique needs.



Connect with Charlie Health

Your journey begins either when you're referred to us by a provider or when you reach out directly.

Admissions Team support

We'll answer your questions, discuss your goals, and explain the next steps. We'll also verify your insurance and review any out-of-pocket costs.

Intake assessment

We'll conduct a thorough mental health assessment to understand your unique needs, lived experiences, and mental health goals, allowing us to create a treatment plan tailored specifically for you.

Personalized treatment plan begins

Group sessions (3x/week): You'll connect with people your age in a safe, supportive environment led by a mental health professional.

Individual therapy (1x/week): You'll meet one-on-one with a licensed therapist each week to focus on your personal goals.

Family therapy (1x/week): We provide family therapy to foster understanding and collaboration across your entire support system.

Receive ongoing support

Throughout your time in treatment, you'll have access to a suite of free resources, including 24/7 crisis support, Care Coaches, community support groups, and more.

Graduating from Charlie Health & beyond

After completing treatment at Charlie Health, you'll still have support. Through our Alumni Program, you can stay connected and continue your progress.

If you're experiencing suicidal thoughts or are in danger of harming yourself, this is a mental health emergency. Contact the [Suicide & Crisis Lifeline](#) 24/7 by calling or texting 988.

