

ANXIETY through the roof?

STRESS level off the charts?

LAI D OFF and lost your insurance?

Help is available.

Charlotte Behavioral Health Care Offers Free Therapy Hotline to the Community

In these times of uncertainty, mental health is more important than ever. We want you to know that Charlotte Behavioral Health Care (CBHC) is here for you, your family, and your employees. We have set up a free, confidential hotline where individuals can speak one-on-one with a master level therapist to help you deal with the stressors that are so prevalent right now in business, home, and personal issues.

Call the Therapy Hotline today at (941) 979-0796

Hours: Monday - Thursday, 9 a.m. - 7 p.m. and Friday, 9 a.m. - 5 p.m.

Please help us spread the word that CBHC is acting as virtual community mental health center for the time being. Our doors are closed, but we do offer one-on-one telehealth services to anyone in the community. That's right, no need to come into the office for a therapy session - simply login to our telehealth portal from a computer or smartphone for "FaceTime" therapy. Call us to find out more (941) 639-8300, and click "4" for our scheduling department.

Note: CBHC is committed to making treatment as affordable as possible for our community members. Most Medicaid and Medicare HMOs are accepted, as well as private insurance (when applicable). For individuals without insurance, a sliding fee scale is utilized for services, based on family size and income.



Where you will find posts of helpful mental health tips and coping mechanisms during this challenging time.
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