Who is Charlie Health for?

Our virtual programs provide structured support with a flexible schedule for adults, teens, and kids ages 8 to 64.

Charlie Health may be appropriate if:

- Concerns about behavior, safety, or emotional stability are increasing
- Weekly therapy alone no longer feels like enough support
- A transition out of inpatient or residential care is underway
- Stability has been difficult to maintain after a recent discharge

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98%

of Charlie Health alumni surveyed avoided higher-level care for six months or more*

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*Data reflects reports from survey respondents only

Immediate intake. Lasting outcomes.

No waitlists

Getting help shouldn't take weeks. With rolling admissions, care can start as soon as today.

Safe and secure

HIPAA-compliant sessions, 24/7 crisis support, and proactive safety planning ensure the same safeguards and accountability as in-person care.

Support that lasts

Through peer support groups and events, our Alumni Program provides a community designed to sustain progress after treatment ends.

Call (986) 206-0414
Visit charliehealth.com

Charlie Health

Virtual Intensive Outpatient Programs

For mental health and substance use





Life-changing treatment

Accessible and affordable

With in-network coverage across 300+ insurance plans nationwide, most participants pay $0 out of pocket.

Tailored to the individual

We carefully match participants with providers who have relevant experience and peers they'll feel comfortable with.

Proven care, delivered virtually

Our model is grounded in evidence-based therapies like CBT and DBT, improving as we learn from over 100,000 cases to date.

Designed for *real life*

Our 9-week programs provide 10-12 hours of structured treatment per week. Flexible scheduling provides options outside of school and work hours.

Group Sessions

Group sessions with peers, three times a week, designed for connection and skill-building

Individual Therapy

Weekly one-on-one sessions with a therapist matched to individual needs and goals

Family Therapy*

Sessions with family members to promote mutual healing and help reinforce progress at home

Psychiatry*

Integrated psychiatric care to support starting, stopping, or adjusting medications

Sample Mental Health Program schedule with a CBT-based cohort

	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25
Hour 1	Processing Hour		Processing Hour		Family Therapy*	Processing Hour
Hour 2	CBT Skills Building		CBT Skills Building	Psych Check-In*		CBT Skills Building
Hour 3	Emotional Awareness		Music Therapy	Individual Therapy		Art Therapy

Sample Schedule | *Available as needed

"When I started, I was in a very dark place. But as life continued to bombard me with stressors, *Charlie Health* gave me the tools to deal with them. Now I feel like I can *handle anything* life throws at me."

– Lauren, Charlie Health Alum