

# The journey with Charlie Health

Charlie Health is the leading acute behavioral healthcare provider, offering specialized programs for teens experiencing serious mental health issues, addiction, and co-occurring conditions.



## 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 clinical assessment to understand your unique needs, lived experiences, and 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 and your family have access to a suite of resources, including 24/7 crisis support, Care Coaches, support groups, and more.

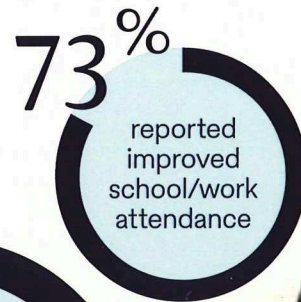
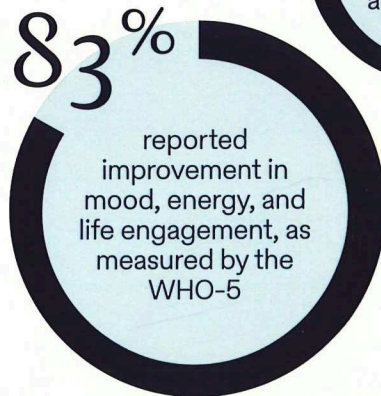
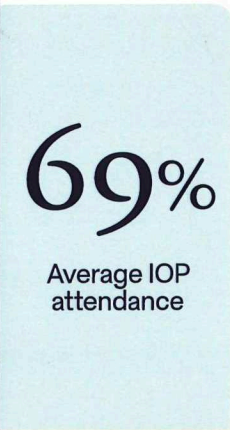
## Graduating from Charlie Health & beyond

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.



# Life-saving clinical outcomes



“It’s been a wonderful journey.”

—Charlie Health Alum

Analysis based on self-reported improvement at discharge from 2025 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.

