



Personalized intensive therapy made for you

Charlie Health's virtual treatment program combines curated groups, individual therapy, and family therapy into personalized treatment plans. We specialize in providing mental health support for teens and adults in need of more than once-weekly therapy. We treat conditions ranging from depression and anxiety to trauma, OCD, suicidal ideation, and more.



Why Charlie Health?

Up to 9-12 hours of treatment per week

Immediate intake availability

All-virtual access

Flexible scheduling, including nights & weekends

In-network with major commercial insurance plans and Medicaid, where accepted

Get Started



Reach out to learn more
(986) 206-0414
www.charliehealth.com



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Your Journey at Charlie Health

Charlie Health provides specialized virtual therapy for teens & adults dealing with serious mental health challenges, offering personalized care designed to meet their unique needs. Here's how it works:

Get started



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.

Your 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 Care, Care Coaches, family support groups, and more.

Graduating from Charlie Health & beyond

After completing treatment at Charlie Health, you'll still have support. Join our Alumni Community to stay connected and maintain the progress you've made.

How to refer to Charlie Health

referrals.charliehealth.com
(986) 206-0414

Refer Today



Submit a referral

Provide basic client information through our secure form or by calling our Admissions Team



Confirm eligibility

Receive confirmation if your client qualifies for our virtual intensive treatment program



Stay connected

Receive ongoing updates on your client's progress and outcomes



Personalized treatment plans



Immediate intake availability



In-network with most major insurance plans



Flexible scheduling

Heal together on your time



At Charlie Health, we're proud to offer flexible scheduling so you can access the care you need when you need it most.

Our virtual intensive therapy program combines curated groups, specialized 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 up to 9-12 treatment hours per week for 9-12 weeks. Check out one of our sample schedules below:

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
6-7pm	DBT Skills Group		CBT Group		Family Session	CBT Group
7-8pm	Processing Group		Music Therapy Group	Individual Psychiatry Session*		Art Therapy Group
8-9pm	Emotional Awareness Group		Processing Group	Individual Session		Emotional Awareness Group

Sample Schedule

*Optional, as needed



Empowering students to heal together

Charlie Health provides life-saving mental health treatment for college students with serious mental health issues.

Conditions we treat include:

- Suicidal ideation
- PTSD and trauma-related disorders
- Depression and mood disorders
- Anxiety and panic disorders
- and more

Based on a client's primary condition, we create a personalized treatment plan that includes:

- Curated peer groups
- Individual therapy
- Family therapy

Each personalized treatment plan also includes:

- Flexible scheduling for busy students
- 20+ free family support groups
- 24/7 crisis care
- Alumni programming

We're here to support you.
Get in touch today:

www.charliehealth.com

(406) 316-3700

outreach@charliehealth.com





Charlie Health Referral Process

Charlie Health's virtual treatment programs are designed for teenagers and young adults who need more than once-weekly therapy. We look forward to providing care to your clients. To make a referral, follow the steps below or reach out to me directly!

How to make a referral:

 Website: charliehealth.com/referrals

 Email: referrals@charliehealth.com

 Phone: (406) 316-3700

 Fax: (406) 720-7793

Information we need:

Please have the following information ready:

- Client name and date of birth
- Guardian/client contact info
- Insurance info (if you have it)



You can always reach out to
Emma Studer - WestCentralWI

Nice to meet you!

I'm always here to help answer any questions!
Feel free to reach me at the following:

- emma.studer@charliehealth.com
- (608) 394-7314

Life-saving clinical outcomes

Refer Today



7 in 10 had moderate or severe depression at intake



Nearly 50% attempted suicide in their lifetime prior to intake at CH



57% have admitted to inpatient or residential treatment in their lifetime



Two in three have moderate or severe anxiety at intake



91%

Of scheduled sessions are attended



65%

Average IOP attendance

“This program saved my life.”

—Elora D., Charlie Health Alum

96%

of clients were satisfied with their personalized primary therapist

96%

of families were satisfied with their loved one's personalized primary therapist

92%

of clients and families would recommend Charlie Health to a friend or family member



Gliske K, et al. "Mental Health Outcomes for Youths With Public Versus Private Health Insurance Attending a Telehealth Intensive Outpatient Program: Quality Improvement Analysis." JMR Form Res 2022.

Analysis based on self-reported outcomes data and reported improvement at discharge from 2023 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.

