



charlie
health

Personalized mental
healthcare for teens,
young adults, and
families

CH MH Services (CA) LLC is certified by the
State Department of Health Care Services. For
detailed information on our California Facility
Licensure, please visit the California Health and
Human Services Department's website.
License Number: 300414AP
Expiration: 6/30/2023



Our IOP is different

Charlie Health's Intensive Outpatient Program (IOP) is designed for those who need more than one-time-per-week therapy. Our IOP consists of curated and customized groups, individual therapy, and family therapy. With our virtual and accessible platform, healing is possible from home.

Evidence-based care

Our trauma-informed, masters-level clinicians use evidence-based therapy including DBT skills, CBT, ABFT, and others.

Experiential therapies

Our expert, creative arts therapists guide our patients through music, art, dance, movement, and meditation therapies.

Specialized tracks

We offer specialized tracks based on the needs of our patients, including BIPOC, LGBTQIA+, trauma, substance use, and others.

Insurance

We work with all major health plans to ensure that treatment is accessible and affordable.



We can support:

- Depression
- Trauma
- Mood disorders
- Anxiety disorders
- Self-harm
- Substance use disorders
- Gender dysphoria
- Suicidal ideation



Find your group,
grow together.



charlie
health

Call Admissions Today

(866) 491-5196

www.charliehealth.com

