



**For Immediate Release**

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**Charlotte Behavioral Health Care Offers Free Therapy Hotline to All Community Members**

**PUNTA GORDA, Fla. (April 6, 2020)** – 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.

“We are available to all members of our community as we navigate this difficult time, said Rachael Meadows Rachael L. Meadows, MA. “We want to encourage people to feel free to use this service even if they aren’t in crisis, as we can provide some support and coping mechanisms that might be helpful at this time. We recognize how important community is right now and we are here to help.”

**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.**

For existing and new patients, 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. 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.

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*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.*