

For Immediate Release



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**Charlotte Behavioral Health Care Offers Free Teen Therapy Zoom Group
and Individual Therapy Hotline to All Community Members**

PUNTA GORDA, Fla. (May 6, 2020) – In these times of uncertainty, mental health is more important than ever. Everyone reacts differently in stressful situations, and it is common to go through changes in thoughts, feelings, and behaviors. Adjusting to “the new normal” is hard, but know this - you are not alone. Charlotte Behavioral Health Care (CHBC) has set up two free mental health resources for those in our community.

Free Zoom Therapy Group to All Teens

Teenagers: Has quarantine got you feeling blue? Restless & unable to calm down? Lost interest in usually enjoyable activities?

We have set up a free, confidential zoom group for teens where they may speak freely with other teens and a master level therapist to help deal with the stressors that are so prevalent right now.

After an introductory group (on May 7, 2020) to see what teens want and need, subsequent zoom group meetings will introduce a coping skill, practice if possible, and ending with a group discussion about how their week has gone.

Note that this is completely confidential - no need to share your name or join in on video. Just listen in - or chime in - to talk about what is bothering you, understand that your peers are all identifying with the same stressors and feelings, and learn valuable ways to keep moving forward in these trying times.

Group Date: Every Thursday at 3 p.m.
Zoom Group Meeting ID: 957-8374-4662, password CBHC

Free Therapy Hotline for Individuals

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 want to encourage people to feel free to use this service even if they aren’t in crisis,” said Rachael L. Meadows, MA. “We can provide some support and coping mechanisms that might be helpful at this time.”

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.

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About Charlotte Behavioral Health Care

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.