



## Local Resources in Charlotte County

### Center for Abuse & Rape Emergencies

Domestic Violence & Sexual Assault Services  
☎ 941-627-6000

### Centerstone Behavioral Health Services

☎ 24/7 Helpline: 941-782-4150  
🌐 centerstone.org

### Charlotte Behavioral Health Care

☎ Crisis Line: 941-575-0222  
🌐 cbhccfl.org  
1700 Education Avenue, Punta Gorda

### Department of Health - Charlotte County

Mental Health Resources and Referrals  
☎ 941-624-7200

### Dubin Center

Alzheimer's caregiver resources  
☎ (239) 437-3007

### Elite DNA Behavioral Health

☎ 941-249-4354  
1777 Tamiami Trail, Suite 201, Port Charlotte

### Operation PAR, Inc.

Addiction Treatment  
☎ 941-613-0951

### Paradise Behavioral Health

☎ 941-347-8341  
25097 E Olympia Ave., Ste 201, Punta Gorda

### Peace River Psychology Center

☎ 941-505-6162 Punta Gorda  
☎ 941-255-5489 Port Charlotte  
425 Cross St. #111, Punta Gorda  
2525 Harbor Blvd., Ste 208, Port Charlotte

### The Center for Progress and Excellence

☎ 844-395-4432 (24/7 Crisis Hotline)

### Twin Rivers Pathways

☎ 941-766-0171  
4161 Tamiami Trail, Ste 302, Port Charlotte

### Valerie's House (Grief Support)

☎ 239-204-5804  
🌐 valerieshouse.org

### Virginia B. Andes Clinic

Health care for uninsured  
☎ 941-766-9570

## National Resources

### Centers for Disease Control & Prevention

Research/resources for workplace  
mental health promotion  
🌐 www.cdc.gov

### Mental Health America

Workplace Mental Health Assessment  
🌐 www.mhanational.org

### National Alliance on Mental Illness

Workplace guides and toolkits  
🌐 www.nami.org

### National Suicide Prevention Lifeline

☎ Call: 988 | Available 24/7  
📠 Crisis Text: HOME to 741741

### Substance Abuse and Mental Health Services Administration (SAMHSA)

Behavioral Health Workforce Toolkit  
☎ 1-800-662-HELP (4357)  
🌐 www.samhsa.gov

### The American Institute of Stress

Tools to manage workplace stress  
🌐 www.stress.org

### Veterans Crisis Line

☎ Call: 988, then Press 1  
📠 Crisis Text: 838255

## Family Services Center

### Charlotte County Human Services

☎ 941-833-6500  
21500 Gibraltar Drive, Port Charlotte  
Intake Services, Veteran Services,  
Aging & Adult Services, Neighborhood  
Services.

- Check with your payroll company for additional benefits
- Subscribe to email updates from United Way Charlotte County
- Explore our website for additional tips and resources designed to support your team.  
🌐 www.unitedwayccfl.org/academy

