

# Drop-in Counseling

**\$25 FOR 30-MIN SESSION**



## **LOCATION**

NJ Center for the Healing Arts  
248 Broad St., Red Bank, NJ 07701

## **DROP-IN HOURS**

Monday: 10am -7pm  
Wednesday: 10am - 6pm  
Friday: 12pm - 8pm

# Drop-In Counseling

NJ Center for the Healing Arts



## WHAT?

Whether you have a consistent counselor who is out of town, you're in need of immediate assistance, or are considering beginning therapy for the first time, this service will be accessible for you during your time of need. The center will be staffed with counselors designated specifically for Drop-In Services during the hours listed. Individuals interested in utilizing these services could either call ahead or walk-in during the available Drop-In hours. When you arrive, sign-in to let us know you are here, and then you will be prompted to fill out an abridged Application for Services form that will help our counselors to better serve your needs.

## WHEN?

- ... you had a big argument with your partner
- ... you feel overwhelmed
- ... you need someone to talk to right away
- ... your therapist is on vacation
- ... your child got in trouble at school
- ... you had a panic attack
- ... you notice the warning signs for depression coming back again
- ... you haven't been able to sleep
- ... you noticed a change in appetite

## HOW IT WORKS

The Drop-In Clinic is open for all, however minors under the age of 16 must be accompanied by a parent or guardian.

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Sessions will be 30 minutes long, costing \$25 per session. All payment must be made in cash, card, or check. No insurance will be accepted for drop-in services.

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If a client feels they need additional time after the initial 30 minutes, NJCHA will offer the ability to extend the session to 60 minutes for an additional \$20.

In order to schedule a follow-up appointment with your therapist, you will need to register as a new client with our office staff.

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**DISCLAIMER:** If other clients are waiting to utilize Drop-In services and additional counselors are not present to serve them, the option to extend to a 60-minute session will no longer apply.