



SERENE MIND

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Empowerment for a

BALANCED MIND

An Outpatient Mental Health Service

Individualized Mental Health Treatment for Youth and Adults

Serene Mind aims to help youth and adults in finding their balance within. Through our outpatient therapy and medication management services, we guide individuals in building a serene mind, the superpower that keeps their life harmonious and mental health in check.

- All services are conveniently conducted via telehealth
- Medication management available for adults and children ages 8-17
- Outpatient therapy available for adults and children ages 14+
- In network with Aetna, Anthem, BCBS, Cigna, Horizon, Optum, Oxford, United



We are passionate about bringing wisdom while helping you envision your tomorrow. Call us at 732-332-8270 for a consultation today.