

We Accept Most Insurances

Aetna
Blue Cross Blue Shield
Cigna
Medicaid
United Healthcare

And more!

Why Serenium

We believe that mental and emotional well-being is an essential part of a person's overall wellness journey.

Therapy isn't just for those suffering from a diagnosis, but just like a personal trainer for your physical fitness, a therapist is your personal guide towards a more serene, calm, balanced whole self, where your mind, body, soul, and spirit can thrive in all of life's challenging and beautiful moments.

Visit Us


Brick
Cranford
Eatontown
Manalapan
Virtual

Coming Soon:

Cherry Hill & Hackensack



Connect with Us

 (732) 708-5111

 sam@sereniumwellness.com

 sereniumwellness.com



serenium[™]

therapy & wellness

sereniumwellness.com

Outpatient
Mental Health Services
for all of New Jersey

Improve your mental & emotional well-being today.



Become a Serenium Referral Partner

At Serenium, we provide outpatient mental health care for those ready for our services and looking to live a well life.

We are always looking for the right healthcare and business referral partners who provide different levels of care from ours to help support one another's clientele.

If your clients are ready for our level of service, we'd love to discuss the opportunity for you to be a referral partner of ours. Should our clients need your level of care, we would be happy to discuss how we can do the same.

Please contact our Outreach Manager to learn more at:
Sam@sereniumwellness.com.

Follow us on Social Media
[@sereniumwellness](https://www.instagram.com/sereniumwellness)



What We Treat

- Abuse
- ADD & ADHD
- Anger Management
- Anxiety
- Bipolar Disorder
- Borderline Personality Disorder
- Bullying
- Chronic Pain
- Cultural Experiences
- Depression
- Divorce
- Eating Issues & Struggling with Unhealthy Eating Habits
- Family Issues
- Food and Weight Struggles
- Friendships
- Genetic Testing & Medication Management
- Grief
- LGBTQIA+ Transitions
- Moving Transitions
- Narcissistic Personality Disorder
- OCD
- Parenthood
- Premenstrual Dysphoric Disorder (PMDD)
- Psychiatric
- PTSD
- Relationships
- Seasonal Affective Disorder (SAD)
- Self-Esteem
- Stress
- Struggling with Addictions
- Trauma
- Veterans
- Women's Health
- Work Issues



Our Clinical Director, with over 20 years of experience, leads our dedicated team of 75+ mental health therapists and psychiatric nurses.

Each member brings a unique set of experiences and knowledge, ensuring a comprehensive and compassionate approach to mental health care.

Our Services

- 1 on 1 Therapy
- Couples Counseling
- Family Therapy
- Genetic Testing & Medication Management
- Teen Therapy

We offer therapy for Kids (5-12), Teens (13-18) & Adults (19+).

[sereniumwellness.com](https://www.sereniumwellness.com)