



NEW START

PSYCHOLOGICAL CARE

Mental Health Counseling and Medication Management

At New Start Psychological Care, we believe in providing comprehensive and compassionate care for individuals struggling with mental health concerns. Our team of experienced healthcare providers offers personalized medication management and a variety of therapy options to support your journey towards wellness. Our therapists and counselors specialize in a broad range of therapies, including cognitive behavioral therapy, talk therapy, and mindfulness-based approaches, to help you develop the skills and strategies necessary for managing symptoms and improving overall quality of life. Whether you are looking for support with a specific issue or seeking a comprehensive treatment plan, we are here to help. Contact us today to schedule an appointment and begin your path to healing.

****Appointments available for in-person and telehealth/remote.***

These Services include, but are not limited to:

- Individual, Family, Couple, and Group Therapy
- Psychiatric Assessment, Evaluation, Diagnostics
- Medication Management
- Gender Specific Counseling
- Abuse and Trauma Counseling
- Anxiety
- Depression
- Anger Management
- Substance Abuse and Relapse Prevention
- Ongoing Treatment and Continuing Care Planning
- Referrals for Ancillary Services
- Community Collaboration (State agencies, schools, hospitals, referring agents, etc.)

**Call us at (732) 377-2580 to schedule an initial appointment.
We Accept Medicare/Medicaid, major insurances, and
private pay.**

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