



Counseling Services

Solution-Focused Therapy Services for the Community

CBHCare's compassionate, professional therapists will work with you to identify your issues and develop a plan to enable you to resolve your emotional and behavioral challenges.

Common issues include:

- *Depression*
- *Anxiety*
- *Postpartum Depression*
- *Complicated Grief & Bereavement*
- *School Related Issues*
- *Child & Adolescent Behavior Issues*
- *Substance Abuse/Addiction*
- *LGBT Issues*
- *Marital/Partner Conflict*
- *Family/Child*
- *PTSD (post-traumatic stress disorder)*
- *Employment Stress*

All CBHCare therapists are licensed professionals, dedicated to your health and recovery. Board Certified Psychiatrists are on staff for medication evaluation and monitoring if necessary.

Types of Counseling Available

- *Individual & Family Counseling*
- *Substance Abuse Therapy*
- *Group Therapy*
- *Child Therapy*
- *Couples Counseling*
- *Medication for Addiction*
- *Medication evaluation and ongoing medication monitoring*

To speak with a caring, trained CBHCare staff member about an appointment, call our confidential

ACCESS CENTER @ 201-646-0195

9 a.m.- 5 p.m. Mon-Thurs ~ 9 a.m.- 4 p.m. Fri

If you or someone you know is in crisis and needs immediate help please go to the nearest emergency room, call 911, or 201-262-HELP (4357)

We are a participating Medicaid and Medicare provider, as well as a participating provider for Magellan and most major insurance and managed care companies. Our fee counselors specialize in assisting consumers without coverage or other financial resources to use the state subsidies from our grants to find an affordable fee for all services. Since 1969, no one has ever been denied CBHCare services because they could not afford them.



www.cbhcare.com

Lyndhurst & Hackensack

Comprehensive Behavioral Healthcare is licensed by the New Jersey Department of Mental Health Services and the Division of Addiction Services.