

Your Partner for Accessible Mental Health Care

Virtual and In-Person Services for Ages 12+



Mental Health Urgent Care

Same and Next-Day Psychiatric Care

Ages 12+ • Virtual & In-Person

Get support fast without costly ER visits or long waits

Psychiatric Ongoing Care

Support Every Step Forward

Ages 12+ • Virtual & In-Person

Comprehensive evaluations, diagnoses, and medication management

ADHD Program*

Focused Care After ADHD Diagnosis

Ages 12+ • Virtual & In-Person (CT, NJ, & NY)

Ongoing medication management, therapy, and behavioral guidance

Addiction Recovery

Treatment for Substance Use Disorders

Ages 18+ • Virtual

Substance use counseling and medication-assisted treatment to support individuals in recovery

MicroTherapy™

Solution-Based Therapy in 20 Minutes

Ages 18+ • Virtual

Targeted support and coping strategies for specific issues that arise

Group Therapy

Structured Support Through Shared Experiences

Ages 12+ • Virtual

Therapist-led sessions with others facing similar challenges

Long-Term Therapy

Personalized Therapy for Lasting Change

Ages 18+ • Virtual & In-Person

Ongoing sessions to build insight and support personal growth

TMS Therapy

FDA-Cleared, Medication-Free Depression Treatment

Ages 18+ • In-Person (West Hempstead, NY)

Transcranial Magnetic Stimulation (TMS) uses gentle magnetic pulses to stimulate areas of the brain linked to depression



*Mindful Care does not provide ADHD diagnostic testing. We provide ongoing care for individuals with a confirmed ADHD diagnosis and can connect individuals with trusted testing partners if needed in CT, NJ, & NY. Some medications may require an in-person visit per state laws.

Mental Health Care Without the Wait

*Same and Next-Day
Availability*



**We accept
insurance**

**In-network with
100+ insurance plans**

**Including Medicare
and Medicaid**

VIRTUAL AND IN-PERSON



NEW YORK

- Manhattan
- West Hempstead
- Hauppauge



NEW JERSEY

- Hoboken



CONNECTICUT

- Stamford

VIRTUAL ONLY



FLORIDA



ILLINOIS



MICHIGAN

Contact Us

www.mindful.care

516-515-7200



**SCAN TO
GET STARTED**

