



HEALTHY MIND — THERAPY —

*Compassionate outpatient mental health care
for teens, adults, and families*

You don't have to go through this alone. At Healthy Mind Therapy, we provide warm, supportive, and personalized mental health care for individuals and families navigating emotional, relational, and life challenges. Our goal is to help you feel heard, supported, and empowered to move forward.

What Makes Us Different

Healthy Mind Therapy specializes in supporting teens and adults who need more than once-weekly therapy. Each client is matched with a personalized treatment plan based on mental health needs, age, lived experiences, and the treatment approach best suited to their goals.

- ✓ Open 7 days a week
- ✓ Virtual and/or in-office therapy available
- ✓ Accepting MCO Medicaid plans
- ✓ Accepting most major insurance plans
- ✓ No waiting list

Our Services



Individual (Personal) Counseling

Support for anxiety, depression, stress, trauma, emotional regulation, and life transitions.



Family Counseling

Help families improve communication, rebuild trust, and strengthen relationships.



Couples & Relationship Counseling

Guidance to improve communication, connection, and understanding.



Additional Support Areas

Anxiety, Depression, Grief, Burnout, Parenting Challenges, and Life Transitions.

Get in Touch

-  732-422-5342
-  732-422-5343
-  HMTADMIN@HMT-NJ.COM

Office Location:

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Healing the mind. Nurturing balance.