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ABOUT US

- Compassion-centered therapy
- Evidence-based treatment
- Strength-based approach
- Individualized care plans
- Family collaboration
- Culturally responsive services



Safe Hands Behavioral Health, LLC

Office Hours

Monday – Friday: 9 AM – 6PM
Evening appointments available

CONTACT US

PHONE

973-885-2955

ADDRESS

1139 E. Jersey St.
Suite 502
Elizabeth, NJ 07201

EMAIL

safehandsbehavioralhealth-
@gmail.com

**Safe Hands
Behavioral Health, LLC**



CARE FOR YOUR MIND

**"Where healing begins &
growth continues"**

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COMMON CONCERNS

- Anxiety & Stress
- Depression
- Trauma & PTSD
- Behavioral Challenges
- Social Skills Development
- School & Work Concerns
- Anger Management
- Life Transitions

OUR SERVICES

- Individual Counseling
- Family Therapy
- Youth Mentoring
- Skill-Building Programs
- Addiction Support
- Group Counseling
- Crisis Support Referrals

**Call Today to
Schedule an
Appointment!**

**Your journey to
healing starts
here!**

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WHY CHOOSE US?

Our Mission

Empower individuals and families with tools that strengthen emotional health, build resilience, and create lasting change.

Our Commitment

We are committed to ethical, confidential, and professional care that promotes healing, growth, and lifelong wellness.

Our Vision

A community where individuals feel emotionally supported, mentally strong, and confident in their ability to overcome challenges.



**“ONE HAND HELPING
ANOTHER”**