



MENTAL HEALTH SUPPORT FOR CHILDREN

At Handspring, we believe that every child should have access to high quality mental healthcare. Families come to us describing a wide range of emotional and behavioral challenges. We provide the skills and tools to help them thrive.

What we can help with...

Behavioral Difficulties

Tantrums
Defiance
Anger
Impulsivity

Anxiety & Worries

Social anxiety
Generalized anxiety
Panic attacks
Specific phobias

Depression & Mood

Sadness
Irritability
Loneliness
Withdrawal

Adjustments & Transitions

Transition to school
Transition to camp
Bullying
Trauma

and everything in between!

Our highly-trained therapists utilize evidence-based, leading-edge treatments to make meaningful and enduring changes for our clients. Our clinical approach uses principles of Cognitive Behavioral Therapy (CBT) and Behavioral Parent Training (BPT). These gold standard treatments are implemented using a strengths-based approach that builds on the unique characteristics of each child and family.

PSYCHOTHERAPY

STATEWIDE IN NJ

NO WAITLISTS

WWW.HANDSPRINGHEALTH.COM/REFERRAL

REFERRAL@HANDSPRINGHEALTH.COM