



NEED SUPPORT? WE'RE HERE TO HELP

WE OFFER:

- Compassionate, Evidence-Based Therapy for Lasting Change

NOW ACCEPTING NEW CLIENTS

- Virtual Therapy Throughout New York
- Flexible Scheduling
- Many Commercial Insurance Plans Accepted



Contact us today!

- 646-359-2887
- tgmentalhealthcounseling@gmail.com
- tgmentalhealthcounseling.org

MENTAL HEALTH



MENTAL HEALTH



MENTAL WELLNESS



WELLBEING



SELF CARE



EMOTIONAL WELLNESS



MENTAL CLARITY

Who we serve

Adults • Pre-Teens • Teens • College Students • Older Adults •
First Responders • LGBTQIA+ Individuals • Couples • Parents &
Families

Areas of Focus

Anxiety • Depression • Trauma • Grief & Loss • Relationship
Challenges • Family Conflict • Parenting Support • Life Transitions
• Pregnancy, Prenatal & Postpartum Mental Health • Stress &
Burnout • Self-Esteem • Identity Exploration • Sleep Concerns

Insurance Accepted

Aetna • Beacon Health Options • Blue Cross Blue Shield • Cigna •
EmblemHealth • Empire Plan • MVP • NYCE PPO Plan • Optum •
Oscar • Oxford • UMR • United Healthcare

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