



Mental Health Counseling

TG MENTAL HEALTH COUNSELING

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Practice Info

Group of mental health professionals providing quality care to clients in need using evidence-based treatments.

Make time to take care of your mind, body and soul in 2023!

- Choose a therapist that matches your needs.
- Flexible time slots available to accommodate your schedule.
- Save time on commuting with virtual sessions.

Insurances Accepted

- Aetna
- Beacon Health Options
- Blue Cross Blue Shield
- Cigna
- Empire
- Optum
- Oscar
- Oxford
- United Healthcare

Contact Info

Email or call us today to book an appointment!

- tgmentalhealthcounseling@gmail.com
- 914-363-0120/ 646-359-2887

We Can Help!

Whether this is your first session or you have received therapy before, we can help you enhance your emotional well-being.

Therapists specialize in:

- Anxiety
- Bereavement/Grief
- Family conflict/ Parenting
- Identity
- Life Transitions/Adjustments
- Pregnancy/Prenatal/Postpartum
- Relationships
- Sadness/ Depression
- Self-esteem
- Sleep/Insomnia
- Stress
- Trauma