



What to Expect

At Ellie, we're transforming the culture of mental health, by creating inclusive spaces where everyone can feel like they belong. Our therapists bring compassion and creativity to every session so you can bring your authentic self.

Live Authentic

We celebrate the diversity of our clients, families, co-workers, and community. We view inclusivity from a holistic approach that integrates the various identities we hold, which include, but are not limited to: race, ethnicity, class, gender identity, sexuality, age, religion, and ability. At Ellie, all are welcome.

**TRANSFORMING
the CULTURE
of MENTAL
HEALTH**



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LEARN MORE





Don't just survive. *Thrive.*

Every single person on earth has their share of bad days, but your mental health doesn't have to keep you from living your best life. We approach therapy with understanding and creativity – so you can get the skills to thrive.

We provide a range of services for every life stage. We'll work together to explore strategies and resources to support your mental health and develop a personalized plan so you can start feeling better.

- Couples and Family Therapy
- Individual Therapy
- Trauma-Informed Practices
- Somatic Therapy
- Solution Focused Therapy
- Marriage Therapy
- Family Therapy
- Adolescent and Teen Therapy
- Narrative Therapy

Find a therapist *you vibe with.*

Get matched with your person.

Establishing a strong relationship with your therapist is so important to getting comfortable so you can make progress. That's why at Ellie Mental Health we don't leave it up to chance (or a computer program).

When you call us, our Client Access Specialists will get to know your preferences, schedule and therapy needs. From there, we'll match you with a therapist we think will be a good fit and get your first appointment scheduled right away.

Areas of Focus

No one's mental health is amazing all the time. Between life events out of our control, our unique brain chemistry, and individual perspectives and tendencies, there are many reasons people seek support through therapy.

- Behavioral Issues
- School Success and Achievement
- Financial Traumas and Impulses
- Blended Families and Parenting
- Social Skills and Self-Esteem
- Emotional Expression
- Adjustment and Transitions
- Work and School Performance

We Take Insurance

- Aetna
- Amerihealth
- Cigna/Evernorth
- Optum
- United Healthcare
- Horizon Blue Cross Blue Shield
- Medicare and Sliding Scale

