



### 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**



270 South Main St., Suite 101, Flemington, NJ 08822  
908-923-3969

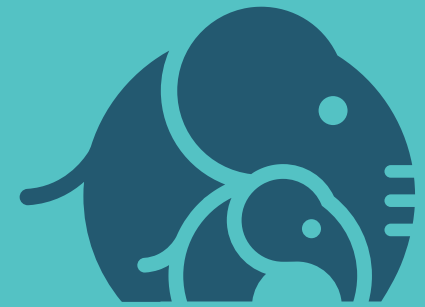
92 East Main St., Suite 301, Somerville, NJ 08876  
908-500-5286

**Opening Summer 2024**  
50 Vreeland Dr, Skillman, NJ 08558

[elliementalhealth.com](http://elliementalhealth.com)



LEARN MORE



**ellie**  
MENTAL HEALTH

**ELLIE MENTAL HEALTH OF  
CENTRAL NJ**





# 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.

- Individual Therapy
- Couples Therapy
- Family Therapy
- Play Therapy
- Grief Therapy
- Trauma-Informed Therapy
- EMDR Therapy
- Expressive Arts Therapy
- Group Workshops/Programs

# 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.

- Anxiety
- Stress & Burnout
- Depression
- Life Transitions at All Ages
- Struggles with Infertility, Intimacy Postpartum
- Relationship Struggles
- Mood Swings
- Grief & Trauma

## We Take Insurance

- Horizon BCBS
- Aetna
- Optum/ United
- Medicare
- Cigna
- Oxford
- Amerihealth NJ
- And more...

