



Our locations have psychiatric and psychotherapy clinicians ready to help you.



New patients accepted



We offer both **virtual** and **in-person** appointments, so you get the care you need in the format that serves you best.



We also **accept major insurance plans**, allowing you to get the most from your personalized care plan.



New Jersey
BEHAVIORAL HEALTH
A LIFESTANCE HEALTH SUPPORTED PRACTICE

LifeStance Health's Presence in New Jersey

- Highly Trained Mental Health Clinicians
- Multiple, Convenient Locations
- Thousands of Patients Helped Every Year
- Wide Range of Conditions Treated

To Schedule an Appointment by
Phone, Please Contact Us At:

(888) 708-1248

Please Contact Us by Email At:

NJ-Intake@LifeStance.com

To Schedule an
Appointment Online
and See All Locations
In Your State, Visit Us At:

[LifeStance.com/go/nj](https://www.lifestance.com/go/nj)



SCAN TO SEE LOCATIONS

Fax Referrals to:

(800) 621-0353

Last revised 05/29/2025



New Jersey
BEHAVIORAL HEALTH
A LIFESTANCE HEALTH SUPPORTED PRACTICE

Compassionate Mental Health Care

In-Network with
Major Insurances



Accepted Insurances Include:

- Aetna
- Allied Trades Assistance Program (ATAP)
- Behavioral Health Systems (BHS)
- Carelon Behavioral Health (Beacon Health Options)
- Centivo N Holdings
- Claritev (MultiPlan PHCS)
- Evernorth (Cigna)
- Horizon Blue Cross Blue Shield (BCBS)
- Independence Blue Cross (AmeriHealth)
- Magellan
- Medicare (Select Plans)
- MediNcrease Health Plans (MHP)
- Optum
- Partners Direct Health
- Provider Network of America (PNOA)
- Quest Behavioral Health
- Sana Benefits
- Tricare East (Humana Military)
- UnitedHealthcare
- World Trade Center (HealthSmart/LHI)

**Don't see your insurance listed? Give us a call as we may still be able to help.*

Some Of Our Treatment Offerings

- Acceptance and Commitment Therapy (ACT)
- Addiction Treatments
- Cognitive Behavioral Therapy (CBT)
- Cognitive Processing Therapy (CPT)
- Couples Counseling
- Dialectical Behavioral Therapy (DBT)
- Emotionally Focused Therapy (EFT)
- Exposure Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Faith Based Treatment
- Family Therapy
- Group Therapy
- Medication Management
- Mindfulness Based Approaches
- Motivational Interviewing (MI)
- Pain Management Counseling
- Parent-Child Interaction Therapy (PCIT)
- Solution-Focused Therapy
- Testing and Evaluations
- Women's Mental Health

Conditions We Commonly Treat

- Abuse
- ADD/ADHD
- Addiction or Substance Use Issues
- Anger Management
- Anxiety Disorders
- Autism Spectrum Disorders
- Bipolar Disorder
- Childhood Behavioral Issues
- Depression
- Developmental Disabilities and Disorders
- Geriatric Mental Health Concerns
- Grief / Loss
- Life Events / Transitions
- LGBTQIA+ Mental Health Concerns
- Men's Mental Health Concerns
- OCD / Obsessions or Compulsions
- PTSD / Trauma
- Sleep Disorders / Insomnia
- Stress
- Women's Mental Health Concerns



New Jersey
BEHAVIORAL HEALTH
A LIFESTANCE HEALTH SUPPORTED PRACTICE

Our mission is to help people lead healthier, more fulfilling lives by improving access to trusted, affordable, and personalized mental healthcare.