



## MENTAL HEALTH SUPPORT FOR CHILDREN & YOUNG ADULTS

At Handspring, we believe that every young person should have access to high quality mental healthcare. Families come to us describing a wide range of emotional and behavioral challenges. We provide the skills and tools to help them thrive.

### What we can help with...

#### Behavioral Difficulties

Tantrums  
Defiance  
Anger  
Impulsivity

#### Anxiety & Worries

Social anxiety  
Generalized anxiety  
Panic attacks  
Specific phobias

#### Depression & Mood

Sadness  
Irritability  
Loneliness  
Withdrawal

#### Adjustments & Transitions

Transition to school  
Transition to camp  
Bullying  
Trauma

### and everything in between!

Our highly-trained therapists utilize evidence-based, leading-edge treatments to make meaningful and enduring changes for our clients. Our clinical approach uses principles of Cognitive Behavioral Therapy (CBT) and Behavioral Parent Training (BPT). These gold standard treatments are implemented using a strengths-based approach that builds on the unique characteristics of each child and family.

**PSYCHOTHERAPY**

**STATEWIDE IN NJ**

**NO WAITLISTS**

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