

what to expect for your first therapy session

Choosing the right mental health care provider is very important. Here is what you can expect when working with our practice:

WE CREATE LASTING SOLUTIONS.

Our therapists are committed to providing you with long-term solutions rather than temporary fixes. That means we listen well, personalize our work to your individual style and customize treatment to your unique life circumstances.

WE RESPECT YOUR TIME.

We don't believe in making our clients wait. That means we honor your appointment time to the best of our ability, beginning and ending promptly, so we can provide you focused and uninterrupted care during your session.

WE MAKE PAYMENT EASY.

We don't like to take up your appointment time with paperwork and billing. Our care coordinator handles all payments digitally on a weekly basis so your time with your therapist can be 100% about your mental health. You will also receive access to a client portal to access any paperwork you need.

WE VALUE YOUR PRIVACY.

All communication with our office is confidential. We know there are times when other interested parties, like family members or your insurance company, may want information about your care. We never release any information without your written consent.

We look forward to working with you. Contact our Care Coordinator at care@healthyminds.nyc or (929) 399-7120 today to schedule your first appointment.