



**The Counseling Center**  
OF NEW ENGLAND

## **Helping people achieve a happier, healthier, more balanced life.**

The Counseling Center of New England offers a dedicated team of professionals from various backgrounds who have many years of experience working with people just like you. Our goal is to provide high quality mental health services that focus on improving your life through immediate support and long-term wellness. We work with individuals over the lifespan: children, adolescents, and adults of all ages; we also work with couples and families in need of counseling and psychiatry.

### **What to expect?**

Our approach is comprehensive and personalized. We will tailor our mental health services to your specific needs through an initial assessment and diagnosis, followed by skill building, solution focused counseling, and/or medication management to get you feeling more like yourself again.

### **What do we do?**

We offer counseling and medication management, depending on the needs of the individual. We also offer services for substance abuse using the newest medications in combination with counseling/coaching to achieve optimal success and help improve your behavioral health. We take extra care to provide a confidential and caring environment where you can feel secure in knowing your privacy matters to us.

### **Who are we?**

Our practice is made up well-trained healthcare professionals with many years of experience and specialization in behavioral health. We include the following types of mental health professionals:

- Advanced Practice Registered Nurses
- Licensed Clinical Social Workers
- Psychiatrists
- Psychologists

### **What do we treat?**

We specialize in treating a wide array of conditions including but not limited to; Anxiety, ADD/ADHD, Autism Spectrum Disorder, Bipolar Disorder, Depression, Grief, Low Self Esteem, OCD and Stress. We treat the whole person with a customized plan that works for you.

**Visit our website to schedule an appointment at one of our  
convenient locations in Maine and New Hampshire:**

**[www.counselingcenter.com](http://www.counselingcenter.com)**