



"No one can express who you are and what you stand for more than you do. Don't leave that to chance or others. If you do so, the likelihood of other people misgauging you is high. Take charge!" —Assegid Habtewold Habtewold



Talk About It

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www.talkaboutitnj.com



Talk About It

Take Control of your voice- Feel free to express yourself.

Call us today and let us assist you with your mental health needs. We have bilingual Licensed Clinicians who are here to help you meet your mental health needs. We speak Haitian Creole and English.

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Fax: 732 955-7442

Mission

At



Talk About it,

we believe in healthy communication. We believe that talking about the issues is the answer to overcome our daily challenges.

Our goal is to facilitate positive communication skills, identify the barriers to a healthy relationship, and develop appropriate ways to improve the relationship.

Our Services

Talk About It provides mental health services to children and families throughout NJ. We value the importance of family, respect family values, beliefs, and traditions. Services provided are tailored to the family needs.

All of our staff are highly trained and licensed. Most of our staff are bilingual and have an extensive clinical background to address the needs of the population being served.

Our Services

Intensive In Community (IIC)

IIC services are goals oriented and needs based clinical services that address the emotional and behavioral needs of children. The goals for IIC services are to reduce the need for out of home placement, stabilize crisis, and return to normal level of functioning.

Behavioral Assistance (BA)

BA services are provided to the youth to assist with addressing the presenting behavior that interfere with the youth's normal level of functioning. Our BAs are well qualified and have at least a bachelor's degree. They are also required to complete a BA certification within six months of being hired.

Couple's Therapy

At Talk About It, we believe in talking about the issues that are preventing you and your significant other from having a healthy and stable relationship. Our licensed clinicians are fully trained to facilitate communication and help you move forward both individually and/or as a unit.

Individual Therapy

We also offer private counseling services for individuals who struggle with a wide variety of mental health needs. We strive to connect each individual with a licensed service provider who specializes in their specific's needs.

Our Services

Parent Support Groups

We strive to create a place for parents to come and talk to each other about their everyday experiences and challenges. Groups are facilitated by a licensed Clinician. The groups are centered around psycho education, peer support, and parenting skills.

Fathers Groups

At Talk About It, we want to create a safe and therapeutic environment for fathers to come and discuss challenges and successes about fatherhood. We will also offer parenting skills and peer support.

Domestic Violence Against Men

A safe and supportive environment for male victims of domestic violence is what we provide in our office.

College Preparedness/Post-Secondary intentions

Our goal at Talk About It to lessen the anxiety that comes with completing your high school requirements and exploring resources available to you after high school.