JERSEY MEDICAL CARE
COMPASSIONATE MENTAL HEALTH

Welcome to Jersey Medical Care: Your Partner in Mental Wellness

At **Jersey Medical Care (JMC)**, we believe that mental health is the foundation of a thriving community. As a **family-owned and operated psychiatry and mental wellness practice**, we are dedicated to supporting the emotional well-being of individuals, families, and businesses in **Matawan and beyond**.

Our Approach: Whole-Person Mental Wellness

Our **holistic** and **patient-centered** philosophy ensures that each individual receives comprehensive care tailored to their unique needs. Whether you're seeking therapy, medication management, career coaching, or specialized wellness treatments, our team is here to support you every step of the way.

Our Services

Clinical Services (Insurance accepted)

- Individual Therapy
  - Personalized talk therapy to support emotional healing, coping strategies, and personal growth for adults, adolescents, and young adults.
- Medication Management
  - Psychiatric evaluation and ongoing medication support provided by licensed medical professionals. Treatment plans are tailored and closely monitored.
- EMDR (Eye Movement Desensitization and Reprocessing)
  - A specialized trauma therapy that helps individuals process and move forward from distressing experiences.
- Mindfulness-Based Therapy
  - Evidence-based mindfulness practices integrated into therapy to help manage anxiety, increase focus, and support emotional regulation.
- Collaborative Psychiatric Care
  - Consultative support and coordinated care with local primary care providers to ensure comprehensive and integrated treatment.

Coaching and Consulting Services (Private pay only, not billable to insurance)

- Career Coaching
  - One-on-one coaching for individuals navigating burnout, transition, or seeking clarity around professional goals and personal alignment.
- Group Coaching for Organizations
  - Facilitated coaching sessions for schools, businesses, and nonprofits. Topics include stress reduction, communication, and leadership resilience.
- Small Business and Wellness Consulting
  - Strategic support for organizations aiming to foster emotionally healthy work environments. Includes program design, team advising, and leadership consulting.
- Community and Specialized Programs (Some services may not be billable to insurance; please inquire)
- Employee Wellness Programs (Private pay)
  - Custom workshops, coaching, and wellness strategy for small to mid-sized organizations. These programs are designed to support staff wellbeing and

prevent burnout.
- Student Wellness Programs (Private pay)
  - Workshops and group sessions for schools and youth organizations, focused on emotional literacy, stress management, and resilience-building.
- Genetic Testing for Psychiatric Medication (May not be covered by all insurance plans)
  - An optional tool to help guide medication decisions based on individual genetic profiles. Coverage varies; patients are encouraged to check with their insurance.
- Educational Workshops and Speaking Engagements (Private pay or honorarium-based)
  - Available for schools, arts groups, churches, and businesses. Topics include mental health awareness, creative burnout, and self-care in caregiving and teaching roles.

Some Conditions We Treat

- Anxiety & Depression
- Attention Deficit Disorders
- Mood & Behavioral Disorders
- Trauma & PTSD
- Grief & Loss

A Stronger, Healthier Community Together

JMC is more than just a psychiatric practice; we are **your neighbors, advocates, and community partners**. We actively **collaborate with local businesses, schools, and organizations** to foster mental wellness initiatives that create lasting impact. Through our workshops, coaching programs, and community outreach, we strive to make **mental health support accessible to all**.

Let's Connect!

📲 **Call or Text:** 732-707-4100
📍 **Visit Us:** 100 Belchase Drive, Suite 101, Matawan, NJ
🌐 **Online:** JerseyMedicalCare.com
📧 **For Collaborations:** info@jerseymedicalcare.com
📣 **Follow Us:** @JerseyMedicalCare on all social platforms

We look forward to partnering with you to build a **healthier, happier community!**

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Exclusive for Chamber Members!
As a proud member of the chamber, we offer an **exclusive 20% discount** on any service for fellow members. Whether you're an entrepreneur, small business owner, or corporate leader, let's work together to **prioritize mental wellness in the workplace and beyond**.

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