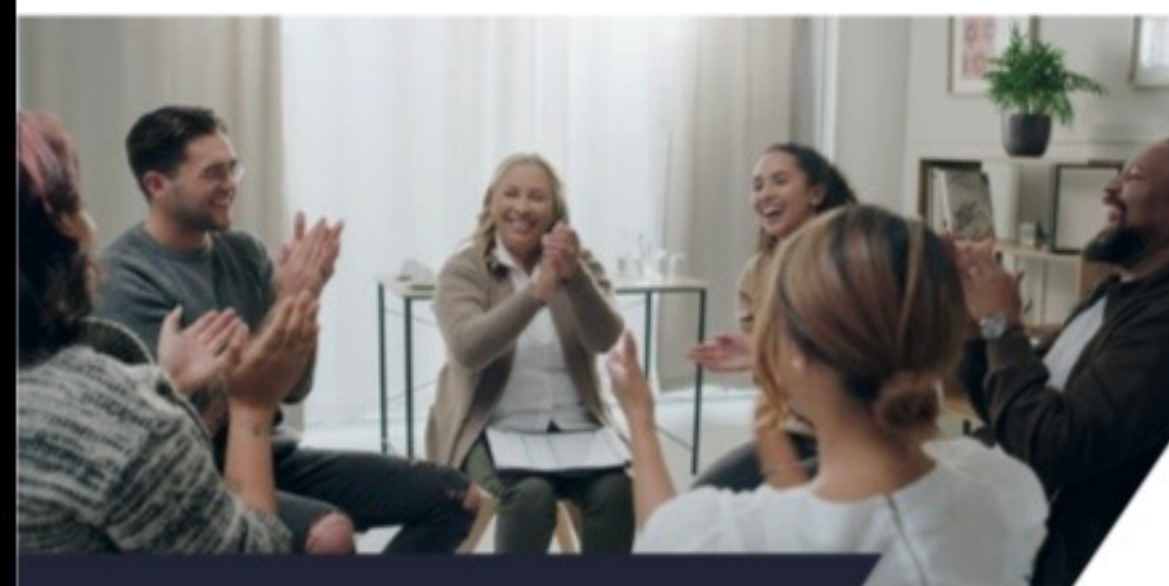




www.holgatementalhealth.com

Contact Us

201.508.0059

155 Chestnut Ridge Road

Lower Level 103

Montvale, NJ 07645

mpotter@mholgate.com

www.cleardirectionnj.com



Scan Above to View Our Website



Holgate Mental Health

Healing Is a Group Effort

Certified APN

- Prescribes and manages all medications
- Overseeing all symptoms and physical issues
- Prescribes and reviews lab tests

Primary Therapist

- All clinicians are Masters Level Certified
- Group, individual, and family sessions provided weekly
- Helps you identify underlying emotional and psychological concerns

Case Management

- Assists with any outside issues, such as legal, financial, or employment
- Advocates on your behalf with the support team
- Arranges any and all aftercare planning, including follow up appointments

Proven Therapies

- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy
- Psychodrama
- Medication-Assisted Treatment
- Individualized Sessions
- Group Sessions
- Family Sessions

Our Vision

To ensure that our clients are treated as our own brothers and sisters and that their care always remains our primary focus.

About Us

While Intensive Outpatient Programs (IOPs) may seem daunting initially, Holgate Mental Health is committed to reshaping that perception. Within our nurturing and empathetic environment, an IOP transforms into an opportunity for individuals to partake in comprehensive mental health recovery.

At Holgate Mental Health, we seamlessly integrate clinical expertise in mental health therapy with a personalized approach, facilitating healing across all aspects of your life. We are dedicated to ensuring you never feel like you're entering a clinical facility where your voice is unheard, and your concerns are disregarded.



Our Mission

At Holgate Mental Health, our mission is to empower individuals and their loved ones through education, unwavering support, and fostering a sense of community. We are dedicated to nurturing peace of mind and fostering the confidence needed to actively participate in personal and community growth. Guided by our core values of respecting the innate dignity of all, celebrating diverse perspectives, and finding the delicate balance between self-acceptance and self-improvement, we are committed to assisting our patients in challenging their own thoughts, embracing growth from their experiences, and reinvesting in their brighter futures.