



Our Story

M&S was established in 2008 with the mission of providing culturally competent and evidenced based mental health services to our clients as well as high quality customer service. Since our humble beginnings in a small basement of a house with no other employees than the founding members M&S has established itself as a highly respected provider for mental health services in northern New Jersey.

Our experience enables us to offer effective outpatient, individualized, psychiatric and psychological care. We treat a number of mental health disorders, and provide a neutral and nurtured ground to individuals, families, and couples. M&S In-Home Counseling Division offers culturally competent visiting clinicians that work with children and adolescents throughout the state of New Jersey in the comfort of the families home.



Our Services

- Child, Adolescent, and Adult Psychotherapy
- Psychiatric and Psychological Evaluations
- Medication Monitoring
- Culturally Informed Therapy
- Trauma Sensitive Treatment Individual Therapy
- Group Therapy
- Family Therapy
- Bilingual Psychiatrists and Clinicians
- Court mandated Alcohol and Substance Abuse evaluations
- Juvenile JSO treatment and evaluations
- IIC / BA Services under New Jersey Children System of Care (CSOC)
- Nurtured Heart Approach guided treatment

SOCIAL



CONTACT US

We are Here for You

Please contact us with questions.

M&S Psychotherapy and Counseling, LLC

Main Line: (973) 341-9869

Hours

Hours for our Clifton location:

1157 Main Avenue, Clifton, NJ 07011, US

Mon-Thurs: 9:00 am - 9:00 pm

Fri: 9:00 am - 7:00 pm

Sat: 9:00 am - 3:00 pm

Sun: Closed

Hours for our Hawthorne location:

320 Lafayette Ave, Hawthorne, NJ 07506, US

Mon-Tues: 9:00 am - 9:00 pm

Wed: 9:00 am - 4:00 pm

Thurs: 9:00 am - 9:00 pm

Fri: 9:00 am - 7:00 pm

Sat: Closed

Sun: Closed

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