

We know
pediatrics.
We know
families.
We know
mental health.



PM Behavioral Health- a robust mental health consultation and teletherapy program

We recognize that the pandemic has caused a significant increase in behavioral health needs for children and young adults ages 5 through 26. That's why we are proud to introduce the PM Behavioral Health program. With this offering, we are committed to providing the same high level of evidence-based treatment found in our urgent cares, to children's and young adults' mental health needs—so together, we can keep your children healthy, happy, and safe.

Our program is available for non-emergency mental health conditions in children and young adults 5-26 years old including:

- Anxiety
- Depression
- ADD/ADHD
- OCD
- PTSD (Post-traumatic Stress Disorder)
- Oppositional Defiant Disorder (ODD)
- Conduct Disorders
- School Avoidance, Family Issues
- Grief Support

Our offerings include:

- Evaluation of the psycho-social and emotional well-being of children and young adults
- Treatment of common behavioral health conditions
- Therapy sessions
- Medication prescription and management, if needed
- Group therapy
- Collaborative review with schools to improve educational goals
- Parent coaching
- Sleep consulting

We do everything we can to keep pricing reasonable and affordable. While we do not currently accept insurance, we provide receipts for patients to submit to your insurance company and/or HSA account. Should your child need ongoing care requiring four or more sessions we also offer bundle pricing. Our Family Support Team is available to help you understand your insurance benefits, including helping submit for reimbursement.

For more information, please visit pmbehavioralhealth.com.
Questions? Call or email us at (516) 738-5600
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