



Empowering Mental Health & Digital Wellness



Enhanced
Outpatient Program



Intensive
Outpatient Program



Family
Therapy Program

Who We Help

- Adolescents
- Teenagers
- Young Adults
- Families

Why We Do What We Do

1 in 5 

Adults in the US Live with a Mental Illness

49.5% 

Adolescents Struggle with Mental Illness

Who We Are

CTRLCare Behavioral Health is a premier mental health treatment for teens and young adults. We specialize in problematic technology use and associated mental health conditions.



Get Started Today
(609) 237-0088



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ctrlcarebh.com

29 Emmons Drive, Princeton, NJ

Mental Health

- Anxiety
- ADD/ADHD
- Bipolar Disorder
- Borderline Personality Disorder
- Depression & Mood Disorders
- Obsessive Compulsive Disorder
- Oppositional Defiance Disorder
- Post-Traumatic Stress Disorder
- Reactive Attachment Disorder

Problematic Tech Use

- Cryptocurrency Addiction
- Compulsive Social Media Use
- Compulsive Tech Use
- Cyberbullying Issues
- Online Gaming Addiction
- Online Gambling Addiction
- Online Shopping Addiction
- Video Game Addiction
- Virtual Reality (VR)



Integrative Wellness

We believe in a comprehensive care model that simultaneously integrates all aspects of an individual, and therefore have integrative wellness as a key element of our clinical programming.



Quality Clinical Care

Our clinical care program consists of individual therapy, family therapy, family programming, group therapy, and medication management services. Our team is comprised of the following team members.

Doctoral
Level
Practitioners

Psychiatric
Mental Health
Nurse
Practitioners

Licensed
Clinical Social
Workers

Licensed
Professional
Counselors

Board
Certified
Music
Therapists

Somatic
Experiencing
Practitioners

Mindy Body
Practitioners

Wellness and
Holistic
Practitioners



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