



Outpatient Services

INDIVIDUAL COUNSELING for children, adults and families

AAMH believes outpatient psychotherapy and counseling should be easily accessible and immediately available. Since 2009, AAMH has provided walk in access to mental health care. Treatment begins the same day – there is never a waiting list. Just walk into AAMH’s facility on Alexander Road (between 8:00am & 2:00pm; Monday through Friday) – no appointment is necessary. Flexible and frequent counseling sessions are available and encouraged. Treatment goals are specific and mutually agreed.

GROUP COUNSELING for adults

Both brief short term educational classes and on-going psychotherapy groups are offered.

PSYCHIATRIC EVALUATION and Medication Monitoring Services

Psychiatric services are available in conjunction with AAMH’s Outpatient psychotherapy and counseling. Psychiatric Evaluations are usually scheduled within a week of initial intake. (Psychiatric services are available for individuals coordinating care with an AAMH clinician only)

AAMH is licensed by the State of New Jersey and accredited by The Joint Commission

All services are provided by Master’s level clinicians, specially trained to provide brief targeted treatment in AAMH’s outpatient facility. Interactions are individualized to meet the specific and unique needs of the client and all treatment is strictly confidential.

AAMH offers comprehensive outpatient treatment that can help a wide range of mental and behavioral health problems. The aim of these services is to quickly improve the quality of life for those we serve. AAMH participates with Medicaid.

AAMH is located in Princeton Junction, NJ. Free parking is available as well as easy access to public transportation by train or bus.

Appointments available:

Monday & Wednesday 8:00am – 5:00pm, Tuesday & Thursday 8am – 7:00pm, and Friday 8:00am – 4:30pm