

TALK TO US

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BE PATIENT WITH YOURSELF
NOTHING IN NATURE
BLOOMS ALL YEAR

VISIT US

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"The humanity we all share is more important than the mental illness we may not" -Elyn R. Saks

SERVICES

Individual Counseling
Adults
Children & Adolescents
Family
Couples

INSURANCE

Most major insurance plans
accepted-
Horizon
Aetna
Cigna
United Healthcare
Medicare



At Human First, we appreciate that life is filled with obstacles, but that doesn't mean you have to tread alone. Although each individual's path through life is different, we believe everyone is deserving of care, support, and nurturing along the way. It is, therefore, our mission to provide quality mental health services that recognize the human, first, above all else.

[HUMANFIRSTCOUNSELINGSERVICES.COM](https://www.humanfirstcounselingservices.com)

ABOUT US

Created in 2021 by Professional Counselors Laura Gattuso & Renata Rybalova, Human First Counseling Services is now a quickly growing psychotherapy practice in Andover, NJ. At Human First, we value the human experience, appreciate the challenges of life, and strive to create a safe space for all who seek help. Our team of licensed therapists have extensive backgrounds and specialized training but also bring compassion, empathy, and humanity to the individuals in their care.

