



Feeling and Healing One-On-One Counseling Service

The LIAD Center is here to help you begin a journey towards coping and restoration in every area of your life.

Our experienced licensed clinical social workers provide support via Telehealth and in-person sessions.



Therapy can help you to..

- Discover more about yourself
- Build new coping skills
- Better communication
- Set healthy boundaries
- Prioritize commitments and self-care
- Manage stress and anxiety
- Increase your overall life satisfaction
- Resolve underlying fears or trauma

**We accept Medicare, Oscar Health,
Oxford, Cigna and United Health Care.**

Contact Jillian Viup, LCSW at (516) 767-6856 for a consultation.