



A Referral Partnership Between [Partner Practice Name] and Aspire Psychological Group

Supporting the Whole Child

A trusted mental health resource for the families in your pediatric practice

Aspire Psychological Group provides private-pay, evidence-based psychological care for children and adolescents. When your patients or their families need more support than a well visit allows, our team is here as an extension of the care you already provide.

WHEN TO CONSIDER A REFERRAL

- Anxiety, worry, or panic that's interfering with school or home life
- School refusal or persistent difficulty getting to and staying in class
- Big mood swings, irritability, or emotional outbursts that feel hard to manage
- Behavioral concerns at home, at school, or in social settings
- Sleep changes, appetite changes, or withdrawal from friends and activities
- A family navigating a major transition, loss, or medical diagnosis
- A parent simply asking, "should we talk to someone?"

WHAT FAMILIES CAN EXPECT

- A warm handoff — our team reaches out directly to the family after referral
- Care from licensed clinicians who specialize in children and adolescents
- In-person sessions in Upper Saddle River, NJ
- Communication back to your office, with family consent, to keep care connected

HOW TO REFER A FAMILY

- Share this flyer or our contact card with the family
- Family calls, emails, or scans the QR code below to reach our team
- Our team follows up within one business day to schedule an initial visit



Aspire Psychological Group

345 NJ-17 • Upper Saddle River, NJ

201-639-4669 • office@weallaspire.com

Our partner Thrizer facilitates OON benefits when available. • Ages 8 and up

Questions about a specific family? Our team is happy to talk through next steps — reach out any time.