



# Whole-child mental health care for kids, teens, and young adults

Blackbird Health provides comprehensive evaluations and treatment for children, teens, and young adults with mental health concerns, developmental differences, or behavioral challenges.

We look at the whole child—**how their brain, body, and behavior interact**—to understand what’s truly going on and create care that fits.

In-network with most major insurance carriers

## Why Families Choose Blackbird

### Whole-child understanding

We uncover how conditions overlap and influence one another.

### Clarity from the start

Our thorough evaluation leads to more effective treatment.

### Care that starts sooner

Many families can begin therapy after the first visit.

### Integrated expert teams

The right specialists, matched to each child’s needs.

### Support that lasts

Skills, strategies, and care that grow with your child.



### Care Locations

In-person and virtual care across  
**Pennsylvania • New Jersey • Virginia**  
*Expanding to new states in 2026*



**Scan the QR code to get started**

Learn more, explore services, or request an appointment

# How It Works

A clear process designed to fully understand your child and create the right plan forward.

## 1. New Patient Evaluation (up to 90 minutes)

A comprehensive virtual visit to listen, assess, and connect the dots across development, behavior, school, and health. **Patients may start therapy after this visit** or require additional specialty assessments.

## 2. Treatment Plan Visit

We review the diagnosis, explain what's contributing to the challenges, and outline a clear treatment plan with measurable goals.

## Ongoing Care

Your child works with the right care team, with regular check-ins and adjustments over time.



## Our Services

### Evaluations and Assessments

- Full psychiatric assessment
- ADHD testing and evaluation
- Autism evaluation
- Anxiety and Depression assessment
- Occupational Therapy evaluation (OT)
- Speech and Language evaluations (SLP)

### Individual Therapy Services

- Cognitive behavioral therapy (CBT)
- Dialectical behavioral therapy (DBT)
- Play, talk, and art therapy
- Trauma therapy
- Social skills development
- Emotional regulation techniques

### Get in Touch

**Visit:** [blackbirdhealth.com](https://blackbirdhealth.com)

**Call:** (484) 202-0751

**Email:** [info@blackbirdhealth.com](mailto:info@blackbirdhealth.com)



Scan QR code to learn more or request care