# **ABOUT** Us

Established in 1950, the Mental Health Association of Monmouth County is an affiliate of the national nonprofit Mental Health America. Our professional staff has been on the forefront of creating a meaningful system of mental health care that strategically focuses on eliminating social barriers and mental health discrimination.

With over 15 programs and services, we create healthy communities for the future.

#### **IMMEDIATE HELP:**

If you are experiencing a mental health emergency, dial **911**.

#### **24-HOUR CRISIS RESPONSE:**

- National Suicide Prevention Lifeline (800) 273-8255
- Crisis Text Line: **741741**
- Psychiatric Emergency Screening Services (PESS): (732) 923-6999
- Early Intervention Support Services (adults): (732) 922-1042

# Our **PROGRAMS**

## **HOUSING & FINANCE**

- Financial Success Center
- Housing Navigation
- Red Bank Resource Network

#### CASE MANAGEMENT

- Community Support Services
- Family Crisis Intervention Unit
- PATH

## **EDUCATION**

- Lifelines Suicide Prevention
- Mental Health First Aid (MHFA)
- SURE Program

## COUNSELING

- Intensive Family Support Services
- Navigate Wellness Counseling

106 Apple Street, Suite 110 Tinton Falls, NJ 07724 p (732) 542-6422 | f (732) 542-2477 mha@mentalhealthmonmouth.org www.mentalhealthmonmouth.org











INTENSIVE FAMILY
Support Services

for FRIENDS and FAMILIES of ADULTS





living with a MENTAL HEALTH CONDITION

Mental Health Association of Monmouth County

An Affiliate of



# About the **PROGRAM**



**SERVICES** offered



Client **ELIGIBILITY** 



Emotional and behavioral challenges are misunderstood and highly stigmatized, but it's possible--and common--to live well with a mental health condition.

Funded by the New Jersey Division of Mental Health and Addiction Services, the Intensive Family Support Services (IFSS) program is designed to **improve quality of life**.

Topics include, but are not limited to, safety planning, limit setting, effective communication, and self care.

Our licensed consultants provide free psychoeducation and support services for families and friends of adults with a serious mental health condition.

Consultants work collaboratively to reduce feelings of isolation, manage crisis situations more effectively, and share available treatments and resources.

### **PROGRAM BENEFITS**

- One-on-one and topic-based group support
- Better understanding of mental health conditions, causes, and symptoms
- Assistance navigating the mental health system of care
- Access to free educational workshops

## **REFERRAL PROCESS**

Monmouth County families or friends of adults living with a serious mental health condition who are 18 years and older can benefit from this program.

Program services are free of charge and tailored on an individual basis.

If you or someone you know is in need of these services, call (732) 542-6422.