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.

Our Mission

To promote mental health as a critical component of overall wellness, including prevention services for all, early identification and intervention for those at risk, integrated care and treatment for those who need it, with recovery as the goal.

Our mission is accomplished through our strength-based programs, education, advocacy, community partnerships, and the shaping of public policy.

Main Office

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Red Bank Resource Network

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OUR PROGRAMS

REFERRAL GUIDE

Mental Health Association of Monmouth County



Take the first steps toward mental wellness.

Online mental health screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

After your mental health test, you will see information, resources, and tools to help you understand and improve your mental health.



CASE MANAGEMENT

Community Support Services

Helps adults diagnosed with a mental illness successfully integrate into the community with a focus on achieving and sustaining independence for personal fulfillment.

Family Crisis Intervention Unit

Stabilizes youth (10-17) in crisis and encourages positive development through community resources, interpersonal relationships, and academic success.

PATH

Remediates homelessness (or imminent risk) for adults with mental illness and provides linkages to develop stability. (Can't already be receiving case management.)

EDUCATION

Lifelines: A Suicide Prevention Program

A three-part, evidence-based suicide prevention program that builds competent communities and educates schools on assessing suicide risk.

Mental Health First Aid

An eight-hour training that identifies mental health and substance use risk factors. Participants develop pre-crisis and crisis intervention strategies.

All services are free and available to adults aged 18 and above, unless noted otherwise.

COUNSELING

Intensive Family Support Services

Consultation for families and friends of adults with mental illness, providing one-on-one support, education, resources, and topic-based support groups.

Intensive In-Community Counseling

In-home therapy for emotionally challenged youth, aiming to stabilize families. Individuals (5-21) may access services through PerformCare or referrals.

Outpatient Services

Bilingual outpatient therapy for youth and adults. Accepts Medicare, Medicaid, OON insurance, cash, checks, and all major credit cards. Sliding scale available.

HOUSING & FINANCE

Housing Navigation Program

Prioritizes and assists homeless individuals and families obtain permanent housing. Referred by Central Intake Agency, homeless shelters, or the PATH program.

Red Bank Resource Network

Bilingual walk-in community center providing comprehensive health, housing, food, social, and financial resources to individuals and families.

For more information, email: mha@mentalhealthmonmouth.org