



OUTPATIENT SERVICES

FOR INDIVIDUALS AGES 10+

Our Outpatient Services offer a welcoming path to emotional well-being, providing personalized support for individuals seeking guidance, healing, and growth. We believe in meeting each person where they are, honoring their unique experiences, and building on their strengths. Through a compassionate and collaborative approach, our skilled clinicians help clients navigate life's challenges, develop healthy coping strategies, and create meaningful change.

In both individual and group settings, we address concerns such as anxiety, depression, trauma, PTSD, life transitions, and relationship challenges. Our goal is to provide a supportive partnership that fosters resilience, encourages personal growth, and guides each client toward a healthier, more fulfilling life. You don't have to face life's challenges alone—support is here when you're ready to take the next step.

Program Benefits:

- Care for ages 10+, in-person or via telehealth — including after-hours and weekends
- Bilingual clinicians in a safe, LGBTQ+ friendly space
- Individual counseling and group therapy for a wide range of needs
- Flexible payment options including Medicaid, Medicare, sliding scale, and more

Rooted in a client-centered, strength-based, and trauma-informed approach, we empower you to build a healthier, more fulfilling life.

Mental Health Association
of Monmouth County

An Affiliate of

MHA
Mental Health America
www.mentalhealthmonmouth.org

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