## **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











COMMUNITY
SUPPORT SERVICES

to help **ADULTS** diagnosed with a **severe mental health** condition





achieve and sustain INDEPENDENCE

Mental Health Association of Monmouth County

An Affiliate of



# About the **PROGRAM**



**SERVICES** offered



Client **ELIGIBILITY** 



#### **DIMENSIONS OF WELLNESS**

Social determinants strongly impact mental health, and the goal of our program is to help individuals diagnosed with a severe mental health condition successfully integrate into the community with a focus on achieving and sustaining independence for personal fulfillment.

Our program incorporates the eight dimensions of wellness to ensure a holistic approach: emotional, environmental, intellectual, physical, occupational, spiritual, social, and financial.

Our Community Support Services case managers work with each consumer to develop an **individualized rehabilitation plan**.

Services include, but are not limited to:

- Advocacy
- · Linkage and referral
- Building positive neighbor relationships, including assistance with landlord-tenant law
- Daily living skills, such as grocery shopping, personal hygiene, housekeeping, budgeting, and nutrition
- Development of community-based supports

#### **DIRECT REFERRAL PROCESS**

Community Support Services is available to Monmouth County adults (18+) who have been diagnosed with a severe mental health condition.

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