



INTENSIVE FAMILY SUPPORT SERVICES

Emotional and behavioral challenges are misunderstood and highly stigmatized, but it's possible—and common—to live well with a mental health condition. Our team provides free psychoeducation and support services for families and friends of adults with mental health conditions to reduce feelings of isolation, manage crisis situations more effectively, and share available treatments and resources.

Monmouth County families or friends of adults with a severe mental health condition who are 18 years of age and older can benefit from this **free** program. Call **(732) 539-2486** to learn more.

Program Benefits:

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

Program services are tailored on an individual basis. Topics include, but are not limited to, safety planning, limit setting, effective communication, and self care.

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.

Mental Health Association
of Monmouth County
An Affiliate of
MHA
Mental Health America

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