

Take the Stigma Free Pledge

Step 1

Educate yourself and others

Step 2

See the person not the illness

Step 3

Take action on mental health issues

Want to Know More?



Your OHI Health Centers

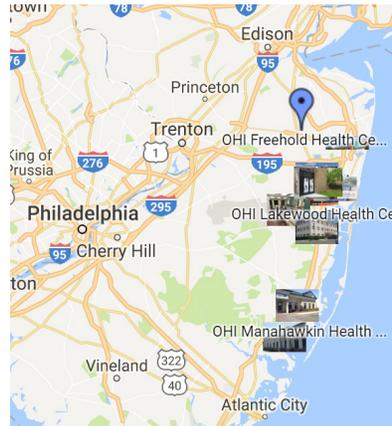
Hours:

Monday, Friday, Saturday: 8 a.m. - 4:30 p.m.

Tuesday - Thursday 8 a.m. - 8 p.m.

**Subject to seasonal changes*

We can be reached 24/7. For after hours assistance, please call (732) 363-6655



1610 Route 88, Suite 204

Brick, NJ 08724

20 Jackson Street, Suite E

Freehold, NJ 07728

101 Second Street

Lakewood, NJ 08701

798 Route 539, Building 3

Little Egg Harbor, NJ 08087

333 Haywood Rd.

Manahawkin, NJ 08050

686 Route 70,

Manchester (Lakehurst), NJ 08733

10 Stockton Dr.

Toms River, NJ 08755



Ocean Health Initiatives, Inc.

OHI is a federally funded community health center. A full statement regarding its funding is available at www.ohinj.org

Behavioral Health

<https://ohinj.org/social-services>

Your Health is our Priority



Treating both the body and mind with comprehensive health care services

(732) 363-6655

Mental health doesn't choose who is affected by it, **but culture, race, gender or sexual orientation** can affect access to treatment, support and quality of care for many.

What is behavioral health?

Behavioral health is a key part of a person's overall health. It is just as important as physical health. It includes your emotional, psychological, and social well-being.

Behavioral health conditions include mental and substance use disorders.

Behavioral health conditions are common. They happen with or without physical disabilities.

If you have changes in your mood or behavior or your alcohol or drug use causes problems, you may want to talk to your doctor or health care provider. Help is available.

Barriers to Getting Help

Insurance coverage



Stigma



Language Barriers



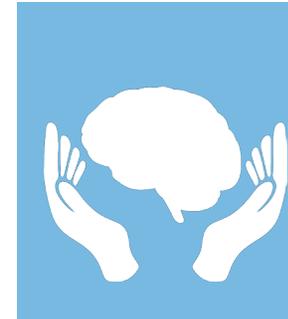
Cultural Beliefs

| Myth | Reality |
|--|--|
| It's not possible to recover from mental health. | With proper treatment, 70-90% of people can recover. |
| People who live with mental health issues can't be members who contribute to society. | People with mental health problems can lead happy and healthy lives and contribute to the community. |
| There are no mental health resources in other languages that can help me or my family. | Talk to your doctor about how you can find help for a mental health challenge. |

Find help and resources in one of OHI's Health Centers

The Behavioral Health Department at OHI consists of both Licensed Social Workers (LSW) and Licensed Clinical Social Workers (LCSW)

Meets with pregnant patients throughout the pregnancy and after delivery to assess for needs, provide with education & resources, and assess for post-partum depression (PPD).



Meets with patients who can benefit from behavioral health resources for depression, anxiety, substance use, or any other reason.

- Cognitive behavioral psychotherapy
- A mental health diagnosis during evaluation.
- A comprehensive bio-psycho-social is performed upon evaluation to fully understand each patient.

