

*“My wife and I have been attending IFSS support groups for several years. As a result, we have been able to achieve a quality of life that we would not have reached on our own. We have learned about mental illness and how to address issues that confront us. I highly recommend this service to anyone who has a family member with mental illness.”*



By partnering with people who have mental health challenges the Mental Health Association in New Jersey helps empower them to become their own best advocates. We have moved forward many of the major improvements in New Jersey's mental health system.

You can help by joining our fight to make positive changes for those who have mental health problems and their family members. Volunteer, attend our events, make a contribution...we welcome you to become involved!

### *For more information*

[www.mhanj.org](http://www.mhanj.org)

call: 973-571-4100

email: [info@mhanj.org](mailto:info@mhanj.org)



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**The Mental Health Association in New Jersey**

Statewide Headquarters

88 Pompton Avenue

Verona, New Jersey 07044

# Intensive Family Support Services



**Mental Health Association  
in New Jersey, Inc.**



## How We Help

The mission of the MHANJ's Intensive Family Support Services (IFSS) is to provide support, education and advocacy for families of adults who have mental health problems.

Understanding your family member's mental health challenges is an important part of learning to cope. IFSS can provide education about your family member's symptoms, treatment and medications. Our staff is available to learn about your situation and help you in your role as caregiver.

All services are provided free of charge. Residents of Atlantic and Union Counties who have an adult family member with severe emotional problems are eligible. Our individual family consultations can take place at the agency or in your home.

## Information and Referral

IFSS provides guidance to families who need assistance navigating the mental health system and accessing community resources and entitlements such as housing options and legal and financial services.

## Respite Care

If a relative with mental health problems lives at home with you, you may be eligible for IFSS respite care.

Respite services offer caregivers a short break from the



routine of providing day-to-day care by arranging for monitoring by a qualified worker. This short respite often helps caregivers to restore their emotional equilibrium, re-establish social connections and renew energy.

## Advocacy

IFSS staff members are available to advocate for you or your relative with other agencies and mental health professionals. We also help to prepare family members to serve as advocates for themselves and their ill relative.

The Mental Health Association in New Jersey also provides opportunities for families to become involved in mental health public advocacy with local and state government.

## Support Groups and Educational Workshops

IFSS provides ongoing professionally run support groups for families of people with mental health issues. These groups offer opportunities to share and problem solve with other families who are coping with similar situations. They help spouses, parents, siblings and others involved to realize that they are not alone.

Psycho-educational workshops are scheduled throughout the year covering a broad range of topics such as diagnosis, medication, treatment options, coping strategies, relapse prevention, crisis intervention, estate planning, work and housing options, Social Security and stress management for caregivers.

## Information

IFSS programs are funded by the New Jersey Division of Mental Health and Addiction Services.

**For more information or to request services call:**

### **Mental Health Association in New Jersey's Intensive Family Support Services in Atlantic County**

4 East Jimmie Leads Road  
Suite 8  
Galloway, NJ 08205  
**609-652-3800**

### **The Mental Health Association in New Jersey's Intensive Family Support Services in Union County**

2333 Morris Avenue, Building C  
Suite 206/208  
Union, NJ 07083  
**908-810-1001**

The Mental Health Association in New Jersey strives for mental health for children and adults through advocacy, education, training and services. For more information about our initiatives and services for mental health consumers, visit [www.mhanj.org](http://www.mhanj.org) or call 973-571-4100.