

STILL STRUGGLING FROM THE EFFECTS OF SUPERSTORM SANDY?

The Mental Health Association of Monmouth County provides free counseling with licensed professionals. Call 732-542-6422 for more information.

FRUSTRATION
LONELINESS
ANXIETY
INSOMNIA
NIGHTMARES
HEADACHES
PAIN
SADNESS
ANXIETY
ANGER
WORRY
TRAUMA
CONFUSION
DEPRESSION
FATIGUE
TREMBLING
IRRITABLE
STRESS
MEMORY LOSS
HOPELESSNESS
MISTRUST
WITHDRAWN
PALPITATIONS
FLASHBACKS
ANGER
STRESS
IMPULSIVE
GUILT
HYPERVIGILANCE
CHEST PAIN

FREE
Counseling

FUNDED BY:



Mental Health Association
of Monmouth County



SANDY WELLNESS CENTERS

732- 542- 6422

13 Kennedy Way
Keansburg, NJ
732-769-5656
(At St. Mark's Episcopal Church
& Center for Community Renewal)

101-103 Shrewsbury Avenue,
Suite B
Red Bank, NJ
(At Red Bank
Resource Network)

47-51 South Street
Manesquan, NJ
(At First Baptist Church)

119 Avenue at the Common,
Suite 5
Shrewsbury, NJ
(Mental Health Association
of Monmouth County)