

STRENGTHENING COMMUNITY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA COUNSELING & SOCIAL SERVICES TELEHEALTH OUTPATIENT SUPPORT FOR ADULTS, CHILDREN AND FAMILIES

The Y is an outpatient behavioral health treatment provider, offering care for individuals and families affected by issues related to substance abuse, mental health, relationships, family, and grief and loss.

In response to the COVID-19 public health emergency we are introducing **Telehealth counseling support**, a remote, confidential session via telephone or video conference.

Now, more than ever, we understand the importance of consistent connection and support in a safe, secure manner.

Services include:

- > Initial assessment and evaluation
- > Individual, group, and family treatment
- > Psychiatric services
- > Referral to community based resources



Support is provided by trained and experienced Licensed Counselors and Licensed Social Workers. You do not need to have a current diagnosis to seek services. Length of treatment is determined based on need.

TECHNOLOGY REQUIRED

Clients require a working internet connection and the ability to connect with a clinician through video and audio.

INSURANCE AND MANAGED CARE

The Y is a Presumptive Eligibility provider. We accept Medicaid, private insurance, self-pay and sliding scale.

**To learn more or make an appointment,
contact 732.290.9040, ext. 0.**



YMCA OF GREATER MONMOUTH COUNTY

Counseling & Social Services Outpatient Office

166 Main Street

Matawan, NJ 07747

732.290.9040

outpatient@ymcanj.org

YMCA NJ.org



Here for all.

Financial assistance is offered based on availability of funds.

420-5287-CSS