



Mental health concerns?
Addiction and recovery support?
Feeling alone or isolated?

Reach out for **FREE** support
with finding resources
available to all residents.



732-745-3810

BehavioralHealthNavigators@co.middlesex.nj.us

MORE BEHAVIORAL HEALTH TOOLS AND RESOURCES

SERVICES LOCATOR

Find help with food, job training, emergency preparedness, veterans' services, housing, caregiving, and more.

TRUALTA

A personalized, online learning system for caregivers that provides strategies to help them balance life and caregiving responsibilities.

CREDIBLEMIND

Offers self-care resources to adults, covering health, safety, and well-being.

PYX HEALTH

Self-guided wellness activities plus fun games to improve mood, boost motivation, and reduce anxiety.

