

Transitioning into Adulthood

One-on-One Counseling Sessions for Adults Ages 18-25



For many young people, the transition from adolescence to adulthood can be challenging. Young adults may face moving away from family, becoming independent, developing one's identity, and learning to handle more complex relationships. It is important to encourage young people to seek help. The Mental Health Association of Monmouth County (MHAMC) is now offering outpatient counseling services to young adults to help them safely navigate these new experiences. Our counseling services are offered in private settings by licensed mental health professionals.

Counseling sessions provided in two convenient locations:

Mental Health Association of Monmouth County
119 Avenue at the Common, Suite 5
Shrewsbury, NJ 07702

Mental Health Association of Monmouth County
103 Drs. James Parker Boulevard
Red Bank, NJ 07701

If you or someone you know is in need of these services,
please call us at **732-542-6422**.

Call to Inquire about Insurance
Accepting Medicaid

**Mental Health Association
of Monmouth County**

MHIA
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