

## One Life at a Time

There are many things in a person's life that may cause stress or a disruption in routines. Without seeking help, the situation may become worse. This can include: interpersonal relationship issues, excessive worry or feeling on edge, a loss of a loved one, divorce or separation, financial difficulties, unemployment, depression, child or adolescent behavioral or discipline issues, recent discharge from an inpatient behavioral health facility, difficulties managing anger, and more.

These issues can be mildly intrusive in your life, overwhelming at times or may even seem beyond your ability to self-manage. Most are progressive and, without help, will worsen over time. Bright Harbor Healthcare is here to provide the services you need to address your life situations.

**For an appointment or  
to make a referral, call**  
**732-575-1111**  
**877-621-0445** TOLL FREE

*Bright Harbor Healthcare accepts many third party insurance companies, Medicare, and Medicaid. We also provide assistance for those who have financial difficulties.*



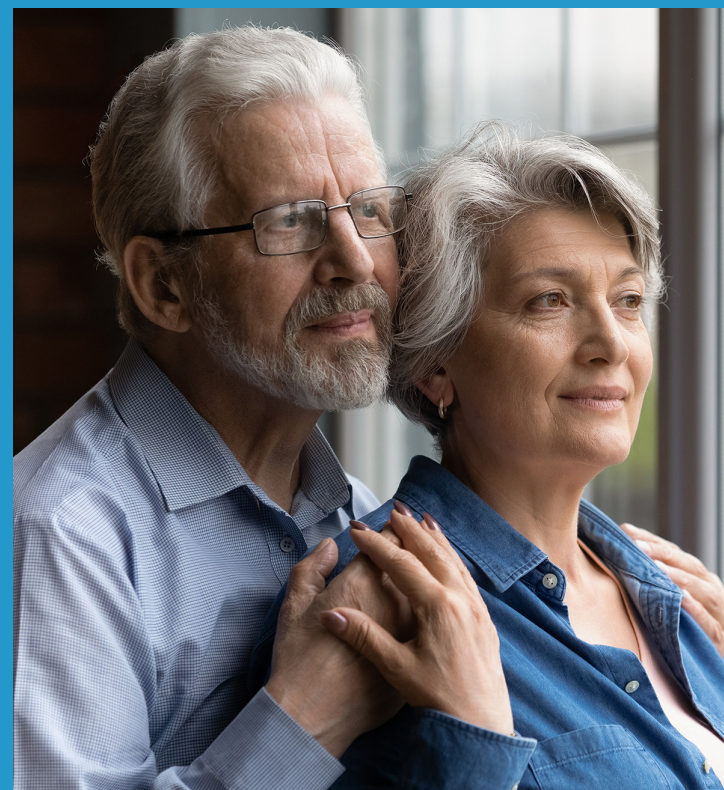
**Building better tomorrows, one life at a time**

Photos are for illustrative purposes only.



**Bright Harbor  
Healthcare**

## Intensive Family Support Services



**732-575-1111**  
**877-621-0445**  
(toll free)

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



**Building better tomorrows,  
one life at a time**

**“Our Mission is to offer a  
comprehensive continuum  
of mental health, substance  
abuse and integrated  
healthcare services which  
promotes full participation in  
community life.”**



**Bright Harbor Healthcare**  
*Building Better Tomorrows, One Life at a Time*

## **Caring for the Caregiver**

At Bright Harbor Healthcare, we understand the importance of the role of caregiver and the stress and worry that often accompany that role. Intensive Family Support Services (IFSS) is available to support the caregiver of a person with a serious mental illness. **Our services are free of charge to Ocean County residents.** We will help you connect with other caregivers, share your experiences, and gain knowledge, skills and support to improve your overall family wellness.

### **What is Caregiving?**

Caregiving can look different from one instance to another. Some examples of caregiving are:

- Providing housing
- Providing supervision and support
- Overseeing finances or providing financial support
- Assisting with daily living needs
- Coordinating treatment and other services
- Providing advocacy

If you are providing any of these services for an adult with a serious mental illness, IFSS can be there with you.

## **How We Can Help**

People with a mental illness have a stronger recovery with the support of a family member or other caregiver. Our goal is to help you be the most effective caregiver to the person in need in your life. Our services include referrals and linkages, assisting you with advocacy, providing respite care so you can take care of your own needs, support and education groups, and more.

Individual family consultations are scheduled in your home or at another site convenient for your family to discuss family concerns of everyone providing care and support to the adult with a serious mental illness.

### **What is a serious mental illness?**

A serious mental illness can come in many forms, and would include major depression, bipolar disorder, schizophrenia, psychotic disorders, obsessive compulsive disorder or another pervasive mental illness. Serious mental illness is debilitating and often has a greater impact on the consumer's life as well as the caregivers' lives.



**The easiest way to find  
the services you need at  
Bright Harbor Healthcare  
is to call our Access Center:**

**732-575-1111**

**877-621-0445** TOLL  
FREE

**or to contact the IFSS Coordinator directly**

**732-606-9573 x7012**