



The **MISSION** of the Mental Health Association of Essex and Morris, Inc. is to promote mental health, to improve the care and treatment of individuals with mental illness, and to remove the stigma associated with emotional and mental disorders.

We, as a community organization, accomplish our mission through advocacy, education, prevention, treatment and service.



ARE YOU...

- ✦ Concerned or caring for an adult family member with mental illness?
- ✦ Looking for information about mental illness and current treatment options?
- ✦ Stressed, worried, and unsure about how to help a loved one?
- ✦ In need of support and coping techniques?
- ✦ Feeling isolated from other families?

IFSS is a service of the Mental Health Association of Essex and Morris (MHAEM). For information about IFSS or the many other services of the MHAEM, please contact:

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Coordinator of IFSS Sussex
Family Support Specialist
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Ext 606

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Intensive Family Support Services Of Sussex County

**For Families and Friends of
Individuals with Mental Illness**

Mental Health Association
of Essex and Morris, Inc.
83 Spring Street, Suite 302B
Newton, NJ 07860
Phone: 973-579-4399 Ext 606
Fax: 973-459-4487

After Hours call:
973-509-9752

Help...

IFSS mission:

The Intensive Family Support Services (IFSS) is a program of the Mental Health Association of Essex and Morris, Inc. that provides support for individuals who have an adult family member with mental illness.

We recognize that caring for someone who has a mental illness may be physically and emotionally stressful. These stresses may cause feelings of frustration, embarrassment, resentment, and anger. We can provide you with the resources you need to cope with your situation.

Visit us online at
www.mhaessexmorris.org
for ongoing schedules and upcoming events!



Healing...

IFSS provides relief through:

◆ **Family support groups-** Parents, siblings, spouses or offspring coping with mental illness meet together with a professional for mutual support and sharing of resources.

◆ **Supportive counseling-** A mental health professional will meet with you to provide support and education while teaching skills to enhance family relationships.

- Community based
- Office visits
- Individual/Family

◆ **Psycho-educational Workshops-** Educational presentations and time-limited trainings for the purpose of providing families with a greater knowledge of mental illness, treatment options and skills.

◆ **Advocacy-** Family empowerment will be enhanced by learning effective ways to get what they need from mental health service providers and community resources. By joining with other families as part of the National Alliance on Mental Illness (NAMI-NJ/Sussex) families can become more successful and effective advocates for individuals with mental illness.

◆ **Linkage-** IFSS refers families to services assuring continuity of care.

Hope...

IFSS services may include:

- Information necessary to recognize and understand mental illness
- Support and coping techniques
- Clarification about family members' rights
- Knowledge about community resources and entitlement programs (SSI, Welfare, etc.)
- Specialized workshops with guest speakers
- Help loved ones understand what to do in the event of a psychiatric emergency and to understand what to expect from a mental health evaluation or psychiatric screening

