

Mental Health Navigation Services



Catholic Charities is offering a free service to assist residents of our Diocese in receiving support and education on how to understand and obtain mental health services and help remove the barriers that often exist when trying to figure out where to start.

The Navigator will –

- ✓ assist with educating you on how to find out if your Health Insurance will cover these services;
- ✓ make recommendations for resources that are near to your home or work;
- ✓ inform you on what to expect when you call for services;
- ✓ advocate for your rights within a challenging mental health system.

The Mental Health Navigation Services will be easy to access by two methods:

1. The QR code listed on this flyer will bring you to a screen with a few questions to complete. Navigator will contact you within 24 hours.
2. If you are not able or comfortable using the QR code, you can contact a confidential voicemail line where leaving your name, number, and a brief description will prompt a call back from a Navigator within 24 hours.



If you or a loved one would benefit from this service, please call

- **732-857-3811 Middlesex County**
- **908-333-2282 Somerset, Hunterdon, Warren Counties**

Spanish speaking navigator available • Tenemos navegadores we hablan español.