**Are you 18-24 and live in Ocean County?**

**Do you want to be part of the change in breaking stigma?**

**Do you have ideas you would like to share regarding mental health and/or substance use disorders?**

Get Volunteer hours!
Be Part of the Young Adult Empowerment Committee

**Call 732-244-0940 for more information**

# Its time to speak up....
# You have a voice!!

Mental Health Association in New Jersey, Inc.
Ocean County