

**POST**



# Peer Outreach Support Team



POST provides FREE Peer Support to those who face Mental Health or Co-Occurring Challenges.

Certified Recovery Support Practitioner (CRSP) offer one-to-one person-centered support to individuals looking to attain/maintain wellness.

✔ **NO CHARGE** ✔ **NO INSURANCE** ✔ **NO JUDGEMENT**  
Serving Ocean County Residents/ 18 Years +

◆ **A SAFE SPACE TO TALK**

◆ **SUPPORT FROM SOMEONE WITH LIVED EXPERIENCE**

◆ **ENCOURAGEMENT, CONNECTION, & SHARED UNDERSTANDING**

- ⇒ ONE TO ONE NON-CLINICAL CASE MANAGEMENT
- ⇒ SHORT-TERM TRANSPORTATION ASSISTANCE
- ⇒ REFERRALS & INFORMATION
- ⇒ EVIDENCE-BASED WELLNESS & RECOVERY SKILLS

**CONTACT: 732-244-0940**

✉ [MHAOCEAN@MHANJ.ORG](mailto:MHAOCEAN@MHANJ.ORG)

### MHAOC OFFICE LOCATIONS:

SERVING ALL OF OCEAN COUNTY

MANAHAWKIN  
TOMS RIVER

691 Mill Creek Rd (Unit. 13) Manahawkin, 08050  
25 South Shore Drive, Toms River, 08753

