

# Manalapan - Englishtown

## COMMUNITY ALLIANCE TO PREVENT ALCOHOLISM AND DRUG ABUSE

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: [www.mtnj.org](http://www.mtnj.org)



## *May is MENTAL HEALTH MONTH*

A mental health disorder can be anything from bipolar disorder to ADHD to autism. It can affect people of all different ages and backgrounds. Many individuals are faced with debilitating mental illnesses each year. An important step in treating these individuals is early prevention. Not only are mental illnesses common, they are also very treatable. Because of this, it is important to take a quick screening so that recovery could start as soon as possible.

### The Four Stages of Mental Illness

- **Stage One: Mild Symptoms and Warning Signs**
  - A person experiencing mild symptoms of the disorder but is still able to function relatively ordinarily. At this stage, someone may seem “off”.
- **Stage Two: Increase in Symptoms and Disruption of Life**
  - A person’s symptom’s increase and become stronger. It becomes too difficult to perform in school, at home, or at work normally and a person may be unable to fulfill his or her responsibilities. It is now more obvious that something is wrong.
- **Stage Three: Symptoms Worsen and Serious Disruption of Life Activities**
  - Severity of symptoms increase and many may be occurring at one time. The person may start to feel a loss of control over his or her life.
- **Stage Four: Persistent Symptoms Jeopardize one’s Life**

- The combination of increased severe symptoms and impairment causes a development of other harmful health conditions potentially causing a crisis situation such as unemployment, hospitalization, homelessness, or incarceration. If untreated, he or she may die an average of twenty-five years early.

Ways of treating an illness:

- **Therapy:** Including individual therapy, group therapy, and many other types
- **Medication:** Although unable to cure the illness, medication can treat the symptoms
- **Peer Support:** Through friends or family
- **Community-Based Services:** Including evaluations on your mental health and role in your community, education to empower recovery, case management, and more
- **Complementary and Alternative Medicine:** Ways of treating an illness outside of mainstream Western medicine
- **Self-Care:** Including exercise and online self-managed programs

For more information contact the Manalapan Township Health Department:

**Hours:**

Monday-Friday, 8:30 a.m. – 4:30 p.m.

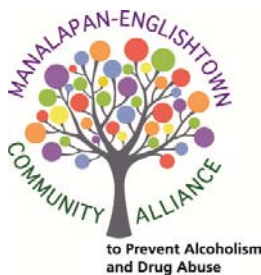
**Location:**

Manalapan Town Hall

120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

**Phone:** (732) 446-8345

**Fax:** (732) 446-1576



*Our mission is to meet the need for comprehensive alcohol and drug abuse awareness planning and programming to create community-level change in Manalapan Township and Englishtown Borough.*