



**SOBA
BEHAVIORAL
HEALTH**
FREEDOM AWAITS

**24-HOUR
HELP LINE
732-328-9974**

Relationships, school, family and the pressure of being a young adult can sometimes be too much to handle.

You don't need to hide or shy away from the world if you're struggling with mental health issues. Let SOBA Behavioral Health be the helping hand that guides you to recovery. We provide an Intensive Outpatient Program (IOP) geared to stabilizing clients who are having difficulty managing their symptoms.

The IOP Treatment Team will design an individualized program for each client, taking into consideration psychiatric diagnoses, developmental functioning, behavioral needs, family involvement and community resources. Our treatment plan may include individual and group therapy, peer support, psychiatric treatment and family intervention. This comprehensive approach is designed to help the client return to a more functional, healthy and independent life.

Call right now to speak to one of our caring Mental Health Counselors.

LEARN MORE AT: sobabehavioralhealth.com

