



Feeling Overwhelmed? NewBridge@Home Can Help



Mental health struggles are difficult, and being unable to get out for treatment can make them even harder. Caregiving can be rewarding, but also exhausting and isolating.

NewBridge@Home provides **FREE** in-home mental health counseling to:

- Homebound adults (60+) in Morris County
- Family caregivers of any age who live in Morris County and take care of a homebound older adult

Mila's Story

After years of caring for her ill husband, Mila felt drained. With weekly support from her NewBridge@Home clinician, her spirits lifted. *"I found out I deserve to take care of myself, without guilt,"* she said. *"After each session, I feel rejuvenated. NewBridge is very healthy for me!"*

Fast Facts:

Offers at least **12* one-hour** counseling sessions in the home.

Video conferencing or **phone** appointments available.

Helps clients **manage stress, anxiety and depression.**

Provides a **compassionate ear** when you need to vent.

Supports caregivers in handling burnout and other challenges.

Provided by **licensed NewBridge clinicians** skilled in evidence-based counseling practices.

**Understanding that clients' needs differ, the duration of NewBridge@Home can be extended.*

Referrals Welcomed from:

Individuals, including older adults and caregivers

Hospitals and medical providers

Morris County Office of Aging, Disabilities & Community Programming

NewBridge SAIL and Tame the Pain programs

Get Support You Deserve!

Contact NewBridge@Home Director **Katie Skolsky**
kskolsky@newbridge.org, or call the Access Department at (973) 316-9333.

Join our mailing list:

To support this program and others, visit newbridge.org/donate or mail a check to the address below, c/o Jennifer Tanis.

