



YOUR GUIDING LIGHT THROUGH  
**MENTAL HEALTH**

SAME DAY ADMISSION AVAILABLE

**732.226.1116**

- 24 / 7 HOTLINE! -

## Get in Touch

-  732.226.1116
-  [bluestarmh.com](http://bluestarmh.com)
-  [info@bluestarmh.com](mailto:info@bluestarmh.com)
-  1 Bethany Rd, Bldg 1, Ste 7,  
Hazlet, NJ 07730,

If you, a loved one, or someone in your care is struggling with their mental health, Blue Star is here to help.

Our team provides compassionate, individualized care to guide clients to achieve wellness.

***Reach out today to take the first step!***



# TRANSFORMATIONAL MENTAL HEALTH TREATMENT

📍 Monmouth County, New Jersey

## INTENSIVE OUTPATIENT PROGRAM & OUTPATIENT LEVELS OF CARE

**Blue Star Mental Health** provides compassionate, **trauma-informed care** designed to support emotional well-being. Our **outpatient programs** offer a perfect balance of structure and flexibility.

Clients have access to **individual therapy, group therapy, family counseling**, and **evidence-based behavioral therapies** personalized to their needs. We also provide **medication management** services.

## WE SPECIALIZE IN TREATING

- ANXIETY & DEPRESSION
- BIPOLAR DISORDER
- PSYCHOTIC DISORDERS
- PERSONALITY DISORDERS
- PTSD
- ADHD
- OCD

## HOLISTIC APPROACHES TO WELLNESS OFFERED

- REIKI ENERGY HEALING
- YOGA THERAPY
- MINDFUL MEDITATION
- SOUND BATHING
- BREATHWORK

