

## Early signs of risk:

- **Withdrawing from friends and family/feeling suspicious of others**
- **Changes in sleeping or eating patterns**
- **Less concern with appearance, clothes or hygiene**
- **Difficulty organizing thoughts or speech**
- **Loss of usual interest in activities or of motivation and energy**
- **Development of unusual ideas or behaviors**
- **Unusual perceptions, such as visions or hearing voices (or even seeing shadows)**
- **Feeling like things are unreal**
- **Change in personality**
- **Feelings of grandiosity (belief you have a superpower, etc.)**

**We are centrally located at:  
100 Metroplex Drive  
Suite 200  
Edison, NJ 08817**



**Please call or e-mail for more information and service requests:**

**732-235-8852**

**[NJPROMISE@ubhc.rutgers.edu](mailto:NJPROMISE@ubhc.rutgers.edu)**

# **NJ Promise**

**at Rutgers-UBHC**

**Serving Somerset, Union,  
Middlesex, Mercer, Monmouth,  
Hunterdon, and Ocean Counties**



**For young people who are experiencing new and distressing symptoms and wish to receive assistance in improving their mental health**

**RUTGERS**  
University Behavioral  
Health Care

**NJ Promise at Rutgers-UBHC is an innovative and evidence based early intervention treatment program for individuals between the ages of 12-25 who exhibit noticeable changes in perception, thinking, and functioning. These changes may indicate risk factors for serious mental illness. NJ Promise helps young individuals reduce their symptoms and achieve their goals.**

**By identifying and treating the early signs of risk, we aim to delay, prevent, or reduce intensity of chronic mental health concerns.**

**Our program can provide multiple services for young people and their families including diagnostic assessment, psychoeducation, individual and family therapy, social skills training, treatment for substance use, family support, and medication management.**

## **Is NJ Promise Right for you?**

**NJ Promise is for people who:**

- **Are between the ages of 12 and 25**
- **Have recently begun experiencing changes such as: withdrawing from family and friends, problems in school or at work, feeling unusually sad, angry, or irritable, trouble thinking clearly, or noticing changes in their vision or hearing.**
- **Are willing to work with a diverse team of healthcare professionals**