

## How it works...



Family accompanies loved one for psychiatric evaluation.

OR

Family needs extra support following psychiatric admission.



Call is made to **Project F.ER.S.T.**  
**973-342-9468**



Mental health professional arrives for family education and support.

### **On-Site Support**

**9am - 10pm**

**Monday to Friday**

**10am - 2pm**

**Saturday**

**Telephone support available off hours.**

For more information about **Project F.ER.S.T.**, the Intensive Family Support Services (IFSS), or any other program of the Mental Health Association of Essex County, Inc. please contact us:

(973) 509-9777

Marvin Gorsky, LCSW  
Senior Director of Children's,  
Counseling & Family Services

Judi Fiederer, LCSW  
Family Support Specialist

Heidi Ison, MSW  
Project F.ER.S.T. Liaison

The Intensive Family Support Services (IFSS), a program of the Mental Health Association of Essex County, Inc., provides support for individuals who have an adult family member with mental illness. We recognize that caring for someone who has a mental illness may be physically and emotionally stressful. We aim to provide family members with the resources needed to cope.

**Project  
F.ER.S.T.**

**Family Emergency Room  
Support Team**

**973-342-9468**



A Service of

**Intensive Family Support Services**

**Mental Health Association  
of Essex County**

33 South Fullerton Avenue  
Montclair, New Jersey 07042

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