



powered by Integrity Health

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## Long Branch School District

404 Indiana Avenue  
Long Branch, NJ 07740

*Located behind Long Branch High School. Free parking in the stadium lot off of Westwood Avenue*

(732) 571-6680

Open 7 days per week

Monday to Friday  
7:00 a.m. to 6:00 p.m

Saturday and Sunday  
8:00 a.m. to 1:00 p.m

### Services:

- Telehealth
- Primary and Preventive care
- X-Ray and Lab services
- Urgent care
- Physicals
- Immunizations
- Blood pressure checks
- Behavioral health
- Chronic disease management and education
- Acupuncture
- Chiropractic
- Physical Therapy
- Fitness and wellness through yoga
- Care Coordination

<https://www.partnershiphealthcenters.com/> and <https://www.partnershiphealthcenters.com/locations>



## E-HealthLinks for January 3, 2022

[www.PartnershipHealthCenters.com](http://www.PartnershipHealthCenters.com)

We want you to be active participants in your health and wellness. We hope reading these articles and links will help you as we work together to improve your physical and mental health.

### General Health

- [Consumer Health: Children and good hand-washing habits](#)
- [Taking on Teeth Grinding and Clenching](#)
- [Spinach teeth, soapy cilantro: The science behind weird food phenomena](#)
- [Mapping the musical mind](#)
- [Considering a 'dry' January? Hear from a Mayo Clinic expert](#)

If you have questions or concerns about these or other health issues, we invite you to contact your Partnership Health Center to schedule a visit or a telemedicine session with your PHC medical director or therapist.

404 Indiana Avenue  
Long Branch, NJ 07740  
(732) 571-6680

There is dedicated patient parking available in the parking lot located near the entrance to our facility.

Open 7 days per week.

Hours of operation:  
7am – 6pm on Monday through Friday  
8am – 1pm on Saturday & Sunday

Physical Therapy: 12:00pm – 6:00pm on Monday, Wednesday, Friday  
Chiropractor: 12:00pm – 6:00pm on Tuesday & Thursday  
Acupuncture: 12:00pm – 6:00pm on Tuesday & Thursday  
Behavioral Health Services: 10:00am – 6:00pm on Wednesday

[PartnershipHealthCenters.com](http://PartnershipHealthCenters.com)

[View this email in your browser](#)



## E-HealthLinks for December 20, 2021

[www.PartnershipHealthCenters.com](http://www.PartnershipHealthCenters.com)

We want you to be active participants in your health and wellness. We hope reading these articles and links will help you as we work together to improve your physical and mental health.

### General Health

- [Mental health and the holidays: Seasonal depression](#)
- [Escaping pain: the role of self-care in joint pain management](#)
- [Taking Control of Your Mental Health: Tips for Talking With Your Health Care Provider](#)
- [Addiction relapse driven by drug-seeking habit, not just drug](#)

### COVID-19

- [Blood pressure increased during the pandemic, study finds](#)

If you have questions or concerns about these or other health issues, we invite you to contact your Partnership Health Center to schedule a visit or a telemedicine session with your PHC medical director or therapist.

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(732) 571-6680

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[PartnershipHealthCenters.com](http://PartnershipHealthCenters.com)



## Behavioral Health Services at your PHC

At Partnership Health Centers (PHC), our focus is on treating the “whole person”. We regard good medical and mental health as being equally important to the wellbeing of every individual. Within the context of mental health, substance use is included, as well as mood disorders such as anxiety, bi-polar, and other concerns. In fact, it is now widely recognized that they often go hand in hand.

One of the central aspects of our unique approach is the integration of mental health services with the medical delivery of care in ways that emphasize every individual's overall wellness. This commitment has been tested during COVID-19, as we continued to successfully offer our services to members effectively through a telemedicine platform.

The social and economic changes caused by the pandemic, along with recurring difficulties regarding ready access to treatment, have clearly worsened the picture for many of us. Over a third of the population has reported increased anxiety. Suicides

have risen dramatically. And the number of overdose deaths is currently at an all-time high, reaching over 100,000 persons during the last year. All truly tragic realities of our lives at this time.

These stresses are especially true for current substance users, half of whom reported that their usage increased during the pandemic. At an annual cost of 740 billion dollars, due to lost productivity, healthcare expense and crime related costs, it has become a national issue which continues to be of major concern and requires serious attention.

To help do our part in addressing this challenge, each PHC site offers licensed clinical behavioral health therapists as members of the treatment team. Their expertise covers a wide range of areas which include assistance for those struggling with substance use disorder (SUD) and/or SUD with mental health concerns (the latter affecting 8.5 million US citizens).

Partnership Health Center regards the confidentiality of member information as a top priority. Your personal care and all identifying information will always be kept confidential and will not be shared with anyone except when you provide written consent to release specific information, or under limited circumstances when disclosures are legally required.



As we strive to be responsive to your needs on an ongoing basis, avoiding long waits to be seen takes priority. Unlike many office situations in the community in which physicians are overwhelmed and concentrating primarily on COVID-19, we obtain in-house support from a licensed, board-certified Psychiatrist to help answer questions about diagnosis, prescribed medication, and to clarify and guide treatment approaches.



We know that your life is busy and demanding. Also, we realize that although it is lessening, there remains a stigma for seeking help for mental health issues. But we strongly encourage you to contact us, confidentially, if you have been struggling with problem drinking, illicit substance use, and the host of additional problems they tend to bring.

46 E. Main Street, Suite 100  
Somerville, NJ 08876  
(908) 458-8700

*There is dedicated patient parking available in the surface lot outside of our entrance, as well as on the ground floor of the parking garage adjacent to our parking lot.*

**Open 7 days per week.**

Hours of operation:  
8am – 6pm, M-F  
8am – 1pm, S/S

Pharmacy: 11:00am—6:00pm on Monday thru Friday & 8:00am—1:00pm on Saturday & Sunday

Physical Therapy: 12:00pm—6:00pm on Monday, Wednesday, Friday

Mental Health Services: 9:30am—5:00pm on Monday & 9:30am—6:00pm on Thursday



## E-HealthLinks for December 6, 2021

[www.PartnershipHealthCenters.com](http://www.PartnershipHealthCenters.com)

*We want you to be active participants in your health and wellness. We hope reading these articles and links will help you as we work together to improve your physical and mental health.*

### General Health

- [Mental Health and the Holidays](#)
- [National Handwashing Awareness Week \(Dec 5 – 11\)](#)
- [Step It Up! Get Active for Your Health](#)
- [Sense of smell is our most rapid warning system](#)
- [9 Natural Ways to Boost Your Energy Levels](#)

*If you have questions or concerns about these or other health issues, we invite you to contact your Partnership Health Center to schedule a visit or a telemedicine session with your PHC medical director or therapist.*

250 Chambers Bridge Road  
Brick, NJ 08723  
(732) 771-2222

*PHCBR has its own address but is located on the left side of Warren Wolf School.*

**Open 7 days per week.**

Hours of operation:  
8am – 6pm on Monday through Friday  
8am – 1pm on Saturday & Sunday

Pharmacy: 12:00pm—6:00pm on Monday through Friday and 8:00am—1:00pm on Saturday & Sunday

Behavioral Health: 10:00am—5:00pm on Monday

Physical Therapy: 12:00pm—6:00pm on Monday, Tuesday, Thursday

X-Ray Services: 9:00am—5:00pm on Monday through Friday and 8:00am—1:00pm on Saturday & Sunday

[PartnershipHealthCenters.com](http://PartnershipHealthCenters.com)

Partnership Health Center Presents:

# Mindful Movement Mondays

## Staff Yoga

Start off your week with Mindful Movement Mondays! Beat the back to work blues with inspiring Smart Yoga classes! Empower the mind, body and breath connection to maintain a healthy well being! Disconnect from your SmartPhone (and technology) to reconnect with yourself through Smart Yoga!

This class is designed for adults to let go of their day through movement and mindfulness. Get inspired to reach your full potential both on and off the mat!



**Mondays from 3:45pm–4:45pm in the LBHS Library starting October 16**

### 5 Benefits of Yoga

- Increases strength, flexibility and balance both physically and mentally
- Decreases stress, relieves tension, and reduces anxiety
- Increases energy
- Boosts memory skills, enhances concentration and mental focus for clarity and personal/professional success
- Improves sleeping habits, while strengthening immune system for a healthier well being

Turn your Manic Mondays into Mindful Mondays! Learn how to integrate the mind, body and breath for a healthy well being! Get inspired to make smart choices for a healthy lifestyle with Mindful Movement Mondays!