

IMPROVE YOUR EMOTIONAL HEALTH IN A CONVENIENT WAY



WHAT IS MUCCTC?

MUCCTC is a free online counseling service staffed by supervised Monmouth University clinical social work graduate interns. With flexible hours and accessible from anywhere, the program provides therapeutic support for the adult population of New Jersey. Participants must be 18 years or older and cannot be a member of the Monmouth University community.

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Benefits of Telehealth

- Flexibility
- Increase coping skills
- Manage stress & anxiety
- Improve relationships and overall well-being



What Can Telehealth Provide

- Comfortable in the environment that you are familiar with
- Quick access to services