MIDDLESEX
C O U N T Y • N J

Are you feeling **lonely or depressed?** Sometimes you just need to talk to someone who **"gets it."**

Pyx Health can help to support your mental and physical health by connecting you with compassionate people for a friendly chat and providing self-management tips and help with resources.

Pyx Health is a wellness program that offers a trusted combination of people, mobile app, and health care resources. Together they help to reduce loneliness and improve health. Support calls with a staffed call center are available M-F 8:30 AM – 5 PM EST (supporting all time zones) for both inbound support and outbound enrollment calls. Feel better each day with companionship and humor.

GET MORE INFORMATION: 732-201-8642
Middlesexcountynj.gov/aginganddisabled

In Partnership with
Pyx Health®
Because no one gets better alone™