# Well Being Resources for Rutgers University/RWJBarnabas Health/University Hospital

Faculty, Staff, Health Professionals, Trainees & Fellows

## Stress Management Programs and what they offer

### Telephone Support by Mental Health Professionals:
- **Rutgers4U**: Emotional & therapeutic support by professionals to Rutgers & RWJBH Staff, Faculty members & their families
- **GSAPP Psychological Services Network - COVID**: Offers telepsychology & phone volunteer services (no or low fee and insurances accepted)
- **NJ HopeLine**: Confidential telephone counseling & support 24/7
- **COVID-19 Psychological Support**: for NJMS-UH-UPA faculty & staff who are experiencing stress, worry, or anxiety

### 90 Seconds of Resiliency:
- **Quick resiliency tools on YouTube**
- **The Calm Collection**: Video guided stress relief
- **BeHealthy portal**: Workout videos & mindfulness

### Wellness Video Library:
- At home zumba, yoga fitness & resilience seminars
- **Rutgers New Jersey Medical School Wellness Tips**: A website with helpful tips for coping with COVID.

### COVID Coordinating Entity (CCE):
- August start, statewide access to behavioral health & substance abuse real time, live call line support & warm transfer to clinical services across a statewide provider network

### Joyable app and Able to app:
- Virtual cognitive therapy services for anxiety & depression either with counselor or coach

### The Virtual Chapel @ University Hospital:
- A calendar of virtual spiritual self-care & wellness events

### Rutgers Faculty Staff & Assistance Program:
- Comprehensive counseling & referral services to the university community

### Tel 4U: (855) 652-6819

### NJ HopeLine: (855) 654-6735

### GSAPP Psychological Services Network - COVID: on-line request

### COVID-19 Psychological Support:
- **Stress.Anxiety@NJMS.Rutgers.edu**

### RWJ Barnabas Health and Rutgers UBHC:
- **Comprehensive emotional support by mental health professionals, 24/7**

### Rutgers School of Health Professions:
- **On-line nutrition tools**

### Rutgers & RBHS:
- **Repository of on-line resources**

### University Hospital EAP:
- **(800) 327-3678**

### Rutgers Faculty Staff & Assistance Program:
- **(848) 932-3956**

### telephone support by peers:
- **Doc to Doc Together**: Emotional peer support for physicians by physicians
- **MOM2MOM**: Moms & caregivers of special needs children
- **VET2VET**: New Jersey National Guard members, active military personnel, veterans, their families, & caregivers, statewide
- **VETS4WARRIORS**: Any veterans, service members, family members, or caregivers
- **CARE2CAREGIVER**: Individuals serving as caregivers

## Stress Management Resiliency Tools

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## Mental Health Support & Coaching

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## Employee Assistance Programs (EAP)

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## Additional Resources

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- **NJ HopeLine: (855) 654-6735**
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- **COVID-19 Psychological Support**: for NJMS-UH-UPA faculty & staff who are experiencing stress, worry, or anxiety

### COVID Coordinating Entity (CCE):
- **(833) 416-8773**

### Rutgers School of Health Professions:
- **On-line nutrition tools**

### Rutgers & RBHS:
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### University Hospital EAP:
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## Peer Support

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### Services Available to:
- **BLUE**: RWJBarnabas Health
- **RED**: Rutgers University
- **BLACK**: University Hospital
- **GREEN**: Available to All

### Linked to Health Insurance
- **Out of Rutgers Network Family**

### Crisis 24/7
- **Underlined = hyperlink

### Legend
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