

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

Faculty, Staff, Health Professionals, Trainees & Fellows

	Stress Management Phone	Stress Management Resiliency Tools	Mental Health Support & Coaching	Employee Assistance Programs (EAP)	Additional Resources	Peer Support
Programs and what they offer	<p>Telephone Support by Mental Health Professionals:</p> <p>Rutgers4U: Emotional & therapeutic support by professionals to Rutgers & RWJBH Staff, Faculty members & their families</p> <p>GSAPP Psychological Services Network - COVID: Offers telepsychology & phone volunteer services (no or low fee and insurances accepted)</p> <p>NJ HopeLine: Confidential telephone counseling & support 24/7</p> <p>COVID-19 Psychological Support: for NJMS-UH-UPA faculty & staff who are experiencing stress, worry, or anxiety</p>	<p>90 Seconds of Resiliency: Quick resiliency tools on YouTube</p> <p>The Calm Collection: Video guided stress relief</p> <p>BeHealthy portal: Workout videos & mindfulness</p> <p>Wellness Video Library: At home zumba, yoga fitness & resilience seminars</p> <p>The Virtual Chapel @ University Hospital: A calendar of virtual spiritual self-care & wellness events</p> <p>Rutgers New Jersey Medical School Wellness Tips: A website with helpful tips for coping with COVID.</p>	<p>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</p> <p>Joyable app and Able to app: Virtual cognitive therapy services for anxiety & depression either with counselor or coach</p> <p>Health Coaching: Virtual or in person, by national certified health coach for physical & emotional health</p>	<p>RWJ Barnabas Health and Rutgers UBHC: Comprehensive emotional support by mental health professionals, 24/7</p> <p>Rutgers Faculty Staff & Assistance Program: Comprehensive counseling & referral services to the university community</p>	<p>Schwartz Rounds: Multidisciplinary hospital rounds for caregiver to share experiences</p> <p>Good Grief: A free grief support program for grieving families</p> <p>Rutgers School of Health Professions: On-line nutrition tools</p> <p>Rutgers & RBHS: Repository of on-line resources</p> <p>Mental Health & Wellness: Repository of resources for post-doctoral research fellows</p>	<p>Telephone Support by Peers:</p> <p>Doc to Doc Together: Emotional peer support for physicians by physicians</p> <p>MOM2MOM: Moms & caregivers of special needs children</p> <p>VET2VET: New Jersey National Guard members, active military personnel, veterans, their families, & caregivers, statewide</p> <p>VETS4WARRIORS: Any veterans, service members, family members, or caregivers</p> <p>CARE2CAREGIVER: Individuals serving as caregivers</p>
	Contact Information	<p>Rutgers4U: (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</p>	<p>Please use website link above for these resources.</p>	<p>COVID Coordinating Entity (CCE) (833) 416-8773</p>	<p>RWJBH EAP: (800) 300-0628 Rutgers UBHC EAP: (800) 327-3678 University Hospital EAP: (800) 327-3678 Faculty Staff & Assistance Program: (848) 932-3956</p>	<p>Good Grief: (908) 522-1999</p>

Legend

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

