

Well Being Resources for Rutgers University Students

	Stress Management Phone	Stress Management Resiliency Tools	Mental Health Support & Coaching	Mental Health Support & Coaching cont...	Additional Resources	Peer Support
Programs and what they offer	<p>Telephone Support by Mental Health Professionals:</p> <p><u>Rutgers4U</u>: Emotional & therapeutic support by professionals to Rutgers & RWJBH Staff, Faculty members, Trainees, Students & their families</p> <p><u>GSAPP Psychological Services Network - COVID</u>: Offers telepsychology & phone volunteer services (no or low fee and insurances accepted)</p> <p><u>NJ HopeLine</u>: Confidential telephone counseling & support 24/7</p> <p><u>Let's Tele-Talk</u>: Individual, confidential support from a counselor</p>	<p><u>90 Seconds of Resiliency</u>: Quick resiliency tools on YouTube</p> <p><u>Therapist Assisted On-line Program (TAO)</u>: An online self-help platform to support well-being</p> <p><u>The Virtual Chapel @ University Hospital</u>: A calendar of virtual spiritual self-care and wellness events</p> <p><u>Rutgers New Jersey Medical School Wellness Tips</u>: A website with helpful tips for coping with COVID.</p>	<p><u>COVID Coordinating Entity - (CCE)</u>: 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><u>Rutgers Student Wellness Center</u>: Short-term individual psychotherapy, psychological and psychiatric evaluation for use of supportive medications Alcohol, Drug & Nicotine assistance and counseling services</p> <p><u>GSAPP Center for Psychological Services</u>: In-person, telepsychology services, psychological assessments (Learning Disabilities/ADHD)</p>	<p><u>Rutgers CAPS</u>: (Counseling, ADAP & Psychiatric Services) Individual/group counseling, Alcohol/Drug counseling, Medication management. Wide variety of virtual workshops</p> <p><u>Office for Violence Prevention & Victim Assistance</u>: Direct service, education, training, policy development, & consultation <i>*additional websites by campus</i></p> <p><u>Rutgers Newark Counseling Center</u>: Short-term individual/group therapy, psychiatric evaluation, medication management, and alcohol/drug assistance and recovery support</p>	<p><u>Good Grief</u>: A free grief support program for grieving families</p> <p><u>Rutgers School of Health Professions</u>: On-line nutrition tools</p> <p><u>Rutgers & RBHS</u>: Repository of on-line resources</p> <p><u>HOPE (Health Outreach, Prevention & Education)</u>: Workshops Facilitated by Peer Educators, Suicide Prevention, Connect Gatekeeping Training, Online screening & other self-help resources</p> <p><u>Oaks Crisis Screening & Stabilization Services</u>: Emergency assessment & Interventions</p> <p><u>The Trevor Project</u>: Support for LGBTQI youth</p> <p><u>U-lifeline Resources</u>: On-line resources for college mental health.</p>	<p>Telephone Support by Peers:</p> <p><u>MOM2MOM</u>: Moms & caregivers of special needs children</p> <p><u>VET2VET</u>: New Jersey National Guard members, active military personnel, veterans, their families, & caregivers, statewide 24/7</p> <p><u>VETS4WARRIORS</u>: Any veterans, service members, family members, or caregivers 24/7</p> <p><u>CARE2CAREGIVER</u>: Individuals serving as caregivers</p> <p><u>We Chat</u>: A confidential text-based helpline run by students, for students</p> <p><u>GSAPP College Support Program</u>: Support for college students with Autism.</p>
Contact Information	<p>Rutgers4U: (855) 652-6819 NJ HopeLine: (855) 654-6735 GSAPP Psychological Services Network - COVID: on-line request Let's Tele-Talk: (848) 932-7884</p>	<p>Please use website link above for these resources.</p>	<p>COVID Coordinating Entity (CCE): (833) 416-8773 Rutgers Student Wellness Center: (856) 225-6005 GSAPP Center for Psychological Services: (848) 445-6111</p>	<p>Rutgers CAPS: (848) 932-7884 Violence Prevention & Victim Asst: Camden: (848) 225-2326 Newark: (973) 353-1918 8New Brunswick: (848) 932-1181 RBHS: (973) 972-4636 Rutgers Newark Counseling Center: (973) 353-5805</p>	<p>Good Grief: (908) 522-1999 Hope (Health Outreach Prevention & Education): (848) 932-1965 Oaks Crisis Screening & Stabilization Services: (856) 428-HELP The Trevor Project: (866) 488-7836</p>	<p>MOM2MOM: (877) 914-6662 VET2VET: (866) 838-7654 VETS4WARRIORS: (855) 838-8255 CARE2CAREGIVER: (800) 424-2494 We Chat: (973) 339-0734 GSAPP College Support Program: on-line request</p>

Legend

- Camden Campus
- New Brunswick Campus

- Newark Campus
- RBHS Campus

- All Campuses
- Underlined = hyperlink

- Family
- Linked to Health Insurance

- Alumni
- Crisis 24/7

Services Available to:

- Red = Rutgers
- Black = University Hospital
- Green = Available to All