

Well Being Resources for Rutgers University

Students

	Stress Management Phone Telephone Support by Mental Health Professionals	Stress Management Resiliency Tools	Mental Health Support & Coaching	Mental Health Support & Coaching cont...	Additional Resources	Peer Support Telephone Support by Peers
Programs and Descriptions	<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>Let's Tele-Talk</u>: Individual, confidential support from a counselor</p> <p><u>Community Cares Listening Line</u>: culturally responsive helpline providing emotional support & resources to African American first responders & essential workers</p> <p><u>Exercise is Medicine</u>: Strives to motivate to stay physically active.</p>	<p><u>90 Seconds of Resiliency</u>: Quick resiliency tools on YouTube</p> <p><u>Sanvello</u>: An online platform to support well-being. Click on the Sanvello app on your my.rutgers.edu dashboard for premium access</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>UH Cares for YOU</u>: A peer support program for emotional support of UH staff.</p> <p><u>UH Story Time</u>: A safe space to honestly discuss the emotional issues team members face at UH.</p>	<p><u>COVID Connect</u>: 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>: Individual psychotherapy, psychiatric evaluation and medication management, Learning Disabilities and ADHD evaluations, and Alcohol, Drug and Nicotine assistance and counseling</p> <p><u>GSAPP Center for Psychological Services</u>: In-person, telepsychology services, psychological assessments (Learning Disabilities/ADHD)</p> <p><u>NJ HopeLine</u>: Confidential telephone counseling & support 24/7</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>ReachNJ: Connects individuals who need counseling to live, trained addiction experts. (844) 732-2465</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>Health, Education & Prevention</u>: Engaging and interactive health education programs focused on today's important issues</p> <p><u>HOPE in New Brunswick</u> <u>HPD in Newark</u> <u>Health Promotion in Camden</u></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><u>GSAPP College Support Program</u>: Support for college students with Autism</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>Nurse2Nurse</u>: A confidential peer support helpline that connects them with retired or former nurses trained in mental health who can assist them</p>
Contact Information	Rutgers4U: (855) 652-6819 GSAPP Psychological Services Network - COVID: on-line request Let's Tele-Talk: (848) 932-7884 Community Cares Listening Line: (877) 719-1117	Please use website link above for these resources. UH Story Time: (973) 558-0833	COVID Connect: (833) 223-0011 short video: https://youtu.be/6KanJ9Te-z0 Susan Brown (browns@ubhc.rutgers.edu) Rutgers Student Wellness Center: (856) 225-6005 GSAPP Center for Psychological Services: (848) 445-6111 NJ Hopeline: (855) 654-6735	Rutgers CAPS: (848) 932-7884 Violence Prevention & Victim Asst: Camden: (848) 225-2326 Newark: (973) 353-1918 New Brunswick: (848) 932-1181 RBHS: (973) 972-4636 Rutgers Newark Counseling: Center: (973) 353-5805	Good Grief: (908) 522-1999 Hope (Health Outreach Prevention & Education): (848) 932-1965 HPD in Newark: (973) 353-1256 Health Promotion in Camden:(856)225-6005 Oaks Crisis Screening & Stabilization Services: (856) 428-HELP The Trevor Project: (866) 488-7836	MOM2MOM: (877) 914-6662 VET2VET: (866) 838-7654 VETS4WARRIORS: (855) 838-8255 CARE2CAREGIVER: (800) 424-2494 We Chat: (973) 339-0734 Nurse2Nurse: (844) 687-7301

Legend

Camden Campus
 Newark Campus
 All Campuses
 Family
 Alumni
 Services Available to:

New Brunswick Campus
 RBHS Campus
 Underlined = hyperlink
 Linked to Health Insurance
 Crisis 24/7

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