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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>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>	Available on website.	COVID Coordinating Entity (CCE) (833) 416-8773	RWJBH EAP: (800) 300-0628 Rutgers UBHC EAP: (800) 327-3678 University Hospital EAP: (800) 327-3678 Faculty Staff & Assistance Program: (848) 932-3956	Good Grief: (908) 522-1999	Doc to Doc Together: (973) 283-SAFE MOM2MOM: (877) 914-6662 VET2VET: (866) 838-7654 VETS4WARRIORS: (855) 838-8255 CARE2CAREGIVER: (800) 424-2494

Legend	<p>Services Available to:</p> <p> BLUE: RWJBarnabas Health  RED: Rutgers University  BLACK: University Hospital GREEN: Available to All</p>	<p> Linked to Health Insurance</p> <p> Out of Rutgers Network</p> <p> Family</p>	<p> Crisis 24/7</p> <p> Underlined = hyperlink</p>
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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>Rutgers4U: Emotional & therapeutic support by professionals to Rutgers & RWJBH Staff, Faculty members, Trainees, Students & 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>Let's Tele-Talk: Individual, confidential support from a counselor</p>	<p>90 Seconds of Resiliency: Quick resiliency tools on YouTube</p> <p>Therapist Assisted On-line Program (TAO): An online self-help platform to support well-being</p> <p>The Virtual Chapel @ University Hospital: A calendar of virtual spiritual self-care and wellness events</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>Rutgers Student Wellness Center: Short-term individual psychotherapy, psychological and psychiatric evaluation for use of supportive medications Alcohol, Drug & Nicotine assistance and counseling services</p> <p>GSAPP Center for Psychological Services: In-person, telepsychology services, psychological assessments (Learning Disabilities/ADHD)</p>	<p>Rutgers CAPS: (Counseling, ADAP & Psychiatric Services) Individual/group counseling, Alcohol/Drug counseling, Medication management. Wide variety of virtual workshops</p> <p>Office for Violence Prevention & Victim Assistance: Direct service, education, training, policy development, & consultation *additional websites by campus</p> <p>Rutgers Newark Counseling Center: Short-term individual/group therapy, psychiatric evaluation, medication management, and alcohol/drug assistance and recovery support</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>HOPE (Health Outreach, Prevention & Education): Workshops Facilitated by Peer Educators, Suicide Prevention, Connect Gatekeeping Training, Online screening & other self-help resources</p> <p>Oaks Crisis Screening & Stabilization Services: Emergency assessment & interventions</p> <p>The Trevor Project: Support for LGBTQI youth</p> <p>U-lifeline resources: On-line resources for college mental health</p>	<p>Telephone Support by Peers:</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 24/7</p> <p>VETS4WARRIORS: Any veterans, service members, family members, or caregivers 24/7</p> <p>CARE2CAREGIVER: Individuals serving as caregivers</p> <p>We Chat: A confidential text-based helpline run by students, for students</p> <p>GSAPP College Support Program: 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>Available on website.</p>	<p>COVID Coordinating Entity (CCE): (833) 418-8773 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 New 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) 838-7854 VETS4WARRIORS: (855) 838-8255 CARE2CAREGIVER: (800) 424-2494 We Chat: (973) 339-0734 GSAPP College Support Program: on-line request</p>

Legend	 Camden Campus  Newark Campus  All Campuses  Family  Alumni	 New Brunswick Campus  RBHS Campus  Underlined = hyperlink  Linked to Health Insurance  Crisis 24/7	Services Available to: Red = Rutgers Black = University Hospital Green = Available to All
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