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	Telephone Support by Mental Health Professionals: Rutgers4U: Emotional & therapeutic support by professionals to Rutgers & RWJBH Staff, Faculty members, Trainees, Students & 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 Let's Tele-Talk: Individual, confidential support from a counselor	90 Seconds of Resiliency: Quick resiliency tools on YouTube Therapist Assisted On-line Program (TAO): An online self-help platform to support well-being The Virtual Chapel @ University Hospital: A calendar of virtual spiritual self-care and wellness events 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 Rutgers Student Wellness Center: Short-term individual psychotherapy, psychological and psychiatric evaluation for use of supportive medications Alcohol, Drug & Nicotine assistance and counseling services GSAPP Center for Psychological Services: In-person, telepsychology services, psychological assessments (Learning Disabilities/ADHD)	Rutgers CAPS: (Counseling, ADAP & Psychiatric Services) Individual/group counseling, Alcohol/Drug counseling, Medication management. Wide variety of virtual workshops Office for Violence Prevention & Victim Assistance: Direct service, education, training, policy development, & consultation **additional websites by campus* Rutgers Newark Counseling Center: Short-term individual/ group therapy, psychiatric evaluation, medication management, and alcohol/drug assistance and recovery support	Good Grief: A free grief support program for grieving families Rutgers School of Health Professions: On-line nutrition tools Rutgers & RBHS: Repository of on-line resources HOPE (Health Outreach, Prevention & Education): Workshops Facilitated by Peer Educators, Suicide Prevention, Connect Gatekeeping Training, Online screening & other self-help resources Oaks Crisis Screening & Stabilization Services: Emergency assessment & Interventions The Trevor Project: Support for LGBTQI youth U-lifeline Resources: On-line resources for college mental health.	Telephone Support by Peers: MOM2MOM: Moms & caregivers of special needs children VET2VET: New Jersey National Guard members, active military personnel, veterans, their families, & caregivers, statewide 24/7 VETS4WARRIORS: Any veterans, service members, family members, or caregivers 24/7 CARE2CAREGIVER: Individuals serving as caregivers We Chat: A confidential text-based helpline run by students, for students GSAPP College Support Program: Support for college students with Autism.
Contact Information	Rutgers4U: (855) 652-6819 NJ HopeLine: (855) 654-6735 GSAPP Psychological Services Network - COVID: on-line request Let's Tele-Talk: (848) 932-7884	Please use website link above for these resources.	COVID Coordinating Entity (CCE): (833) 416-8773 Rutgers Student Wellness Center: (856) 225-6005 GSAPP Center for Psychological Services: (848) 445-6111	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	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	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

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

RUTGERS

UNIVERSITY HOSPITAL
Newark, New Jersey