Well Being Resources for Rutgers University
Students

### Stress Management Phone
Telephone Support by Mental Health Professionals
- **Rutgers4U**: Emotional & therapeutic support by professionals to Rutgers & RWJUH 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 Talk**: Individual, confidential support from a counselor
- **Community Cares Listening Line**: Culturally responsive helpline providing emotional support & resources to African American first responders & essential workers

### Stress Management Resiliency Tools
- **90 Seconds of Resiliency**: Quick resiliency tools on YouTube
- **Therapist Assisted On-line Program, (TAD)**: 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.

### Mental Health Support & Coaching
- **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)

### Mental Health Support & Coaching
- **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

### Additional Resources
- **Rutgers CAPS**: (984) 932-7884
- **Violence Prevention & Victim Asst**: Camden: (848) 225-2228
  Newark: (973) 353-2318
  New Brunswick: (973) 932-1381
  Rutgers: (973) 972-4636

### Programs and what they offer

### Contact Information

### Legend
- **Camden Campus**
- **New Brunswick Campus**
- **RBHS Campus**
- **All Campuses**
- **Family**
- **Alumni**
- **Services Available to**
  - **Red = Rutgers**
  - **Black = University Hospital**
  - **Green = Available to All**
- **Services Available to (COVID)**
- **COVID-19**: Rutgers School of Health Professions
  - **Tele-upport 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

### Peer Support
- **Telephone Support by Peers**

### Additional Resources
- **Good Grief**: A free grief support program for grieving families
  - **Rutgers School of Health Professions**
    - **On-line resources**
  - **Rutgers & RBHS**: Repository of on-line resources
  - **HOPE (Health Outreach, Prevention & Education)**
    - **Crisis 24/7**
  - **Rutgers Newark Counseling Center**: (848) 932-1965
  - **Rutgers Student Wellness Center**: (833) 416-8773
  - **COVID Coordinating Entity (CCE)**:
    - **Rutgers**: (Counseling, ADAP & Psychiatric Services) on-line request
    - **VET4WARRIORS**: Any veterans, service members, family members, or caregivers 24/7
    - **VET2VET**: New Jersey National Guard members, active military personnel, veteran, their families, & caregivers, statewide 24/7
  - **CARE2CAREGIVER**: Individuals serving as caregivers
    - **CARE2CAREGIVER**: (800) 424-2494
    - **MOM2MOM**: Moms & caregivers of special needs children
    - **MOM2MOM**: (877) 914-6662
  - **VETS4WARRIORS**: (855) 838-8255
  - **VET2VET**: (866) 838-7654
  - **VET2VET**: (800) 424-2494
  - **We Chat**: (973) 539-0734
  - **GSAPP College Support Program**: Support for college students with Autism.

### We Chat:
- A confidential text-based helpline run by students, for students
  - **We Chat**: (877) 914-6662
  - **MOM2MOM**: (877) 914-6662
  - **VET2VET**: (866) 838-7654
  - **VETS4WARRIORS**: (855) 838-8255
  - **CARE2CAREGIVER**: (800) 424-2494
  - **We Chat**: (973) 539-0734
  - **GSAPP College Support Program**: on-line request

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