Well Being Resources for Rutgers University/RWJBarnabas Health/University Hospital
Faculty, Staff, Health Professionals, Trainees & Fellows

### Programs and what they offer

#### Stress Management
- Telephone Support by Mental Health Professionals
  - Rutgers4U: Emotional & therapeutic support by professionals to Rutgers & RWJBH Staff, Faculty members & their families
  - GSAPP Psychological Services Network - COVID: Offers telepsychology & phone volunteer services (no or low fee & insurances accepted)
  - NJ HopeLine: Confidential telephone counseling & support 24/7
  - COVID-19 Psychological Support: for NJMS-UH-UPA faculty & staff who are experiencing stress, worry, or anxiety
  - 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: The Calm Collection
  - Video guided stress relief
  - BeHealthy portal
  - Workout videos & mindfulness
  - Wellness Video Library
  - At home zumba, yoga fitness & resilience seminars
  - The Virtual Chapel @ University Hospital: A calendar of virtual spiritual self-care & wellness events
  - Rutgers New Jersey Medical School Wellness Tips: A website with helpful tips for coping with COVID.
  - Sanvello: An online platform to support well-being. Click on the Sanvello app on your my.rutgers.edu dashboard for premium access

#### Mental Health Support & Coaching
- COVID CONNECT: 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
  - Health Coaches: Virtual or in person, by national certified health coach for physical & emotional health
  - GSAPP Center for Psychological Services: In-person, telepsychology services, psychological assessments (Learning Disabilities/ADHD)

#### Employee Assistance Programs (EAP)
- RWJ Barnabas Health and Rutgers UBHC: Comprehensive emotional support by mental health professionals, 24/7
  - Rutgers Faculty Staff & Assistance Program: Comprehensive counseling & referral services to the university community
  - University Hospital EAP: Comprehensive counseling and referral services for the UH community

#### Additional Resources
- Schwarts Rounds: Multidisciplinary hospital rounds for caregiver to share experiences
  - Good Grief: A free grief support program for grieving families
  - Rutgers School of Health Professions: On-line nutrition tools
  - Rutgers School of Health Professions: Virtual cognitive therapy services
  - Rutgers UBHC: Comprehensive mental health & wellness
  - Rutgers: Repository of resources for post-doctoral research fellows
  - UH Cares for YOU: A peer support program designed to promote emotional support to UH staff

#### Peer Support
- Doc to Doc Together: Emotional peer support for physicians by physicians
  - MOM2MOM: Moms & caregivers of special needs children
  - VET2VET: New Jersey National Guard members, active military personnel, veterans, their families, & caregivers, statewide
  - VETS4WARRIORS: Any veterans, service members, family members, or caregivers
  - CARE2CAREGIVER: Individuals serving as caregivers
  - Nurse2Nurse: A confidential peer support helpline that connects them with retired or former nurses trained in mental health who can assist them

### Contact Information

- 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
- Community Cares Listening Line: (877) 719-1117

- COVID Connect: (833) 223-0011
  - short video: https://youtu.be/kNzYJTe-o0
  - Susan Brown (browns@ubhc.rutgers.edu)
  - Jenna Guberman (gubermir@ubhc.rutgers.edu)

- Rutgers UBHC EAP: (800) 300-0828
- University Hospital EAP: (800) 327-3678
  - Faculty Staff & Assistance Program: (948) 392-3956

- Good Grief: (908) 522-1999
  - University Cares for YOU: (973) 558-0833
  - uhcaresforyou@uhnj.org

- Doc to Doc Together: (973) 283-SAFE
  - MOM2MOM: (877) 914-6662
  - VET2VET: (800) 300-0628
  - VETS4WARRIORS: (866) 838-8255
  - CARE2CAREGIVER: (800) 424-2494
  - Nurse2Nurse: (844) 687-7301

### Legend

- BLUE: RWJBarnabas Health
- RED: Rutgers University
- BLACK: University Hospital
- GREEN: Available to All
- Linked to Health Insurance
- Out of Rutgers Network
- Family
- Crisis 24/7
- Underlined = hyperlink