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

**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: telepsychology & phone volunteer services (no or low fee & insurances accepted)
- COVID-19 Psychological Support: for NMS-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
  - Exercise is Medicine: Strives to motivate to stay physically active

**Stress Management Resiliency Tools**
- 30 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
- Rutgers New Jersey Medical School Wellness Tips: 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 For RU Newark Campus
- UH Story Time: A safe space to honestly discuss the emotional issues team members face at UH

**Mental Health Support & Coaching**
- COVID Connect: Statewide access to behavioral health & substance abuse real time, live call line support & warm transfer to clinical services across a statewide provider network
- Able To Ask: Virtual cognitive therapy services for anxiety & depression.
- Health Coaching: 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)
- NJ HopeLine: Confidential telephone counseling & support 24/7

**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
- COVID CONNECT: Statewide access to behavioral health & substance abuse real time, live call line support & warm transfer to clinical services across a statewide provider network
- Able To Ask: Virtual cognitive therapy services for anxiety & depression.
- Health Coaching: Virtual or in person, by national certified health coach for physical & emotional health
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- NJ HopeLine: Confidential telephone counseling & support 24/7

**Additional Resources**
- Schwartz Rounds: Multidisciplinary hospital rounds for caregiver to share experiences
- Rutgers School of Health Professions: On-line nutrition tools
- Rutgers & RBHS: Repository of on-line resources
- Mental Health & Wellness: Repository of resources for post-doctoral research fellows
- UH Cares for YOU: A peer support program for emotional support of UH staff.
- ReachNJ: Connects individuals who need counseling to live, trained addiction experts 24/7

**Contact Information**
- Rutgers4U: (856) 652-6819
- GSAPP Psychological Services Network - COVID: on-line request COVID-19 Psychological Support: Stress.Anxiety@NJMS.Rutgers.edu
- 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://vimeo.com/699070778
  - video: https://vimeo.com/948123462
- RUH EAP: (800) 300-0628
  - Rutgers UBHC EAP: (800) 327-3678
  - University Hospital EAP: (800) 327-3678
- Faculty Staff & Assistance Program: (848) 932-3956
- COVID Connect: (833) 223-0011
  - short video: https://vimeo.com/699070778
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**Legend**
- LIGHT BLUE: RWJBarnabas Health
- RED: Rutgers University
- DARK BLUE: University Hospital
- GREEN: Available to All
- Linked to Health Insurance: Out of Rutgers Network
- Family: Crisis 24/7

**Crisis**
- National Domestic Violence Helpline: (800) 799 - 7233 or text LOVEIS to 22522
- National Substance Abuse Helpline: (800) 662 - 4357
- National Suicide & Crisis Lifeline: 988
- The Sexual Assault Helpline: (800) 656 - 4673
- NJ HopeLine: (855) 654 - 6735

**Additional Resources**
- MOM2MOM: Moms & caregivers of special needs children
- VET2VET: New Jersey National Guard members, active military personnel, veterans, their families & caregivers, statewide 24/7
- VETSWARRIORS: Any veterans service members, family members, or caregivers 24/7
- 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