### Well Being Resources for Rutgers University & University Hospital

#### Students

**Stress Management**
- **Phone**: Telephone Support by Mental Health Professionals

**Stress Management**
- **Resiliency Tools**
  - 90 Seconds of Resiliency: Quick resiliency tools on YouTube
  - Sanvello: An online platform to support well-being. Click on the Sanvello app on your my.rutgers.edu dashboard for premium access
  - 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 Connect: 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: Individual psychotherapy, psychiatric evaluation and medication management, Learning Disabilities and ADHD evaluations, and Alcohol, Drug and Nicotine assistance and counseling
  - 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 Resources**
- Rutgers School of Health Professions: On-line nutrition tools
  - Rutgers & RBHS: Repository of on-line resources
  - Health, Education & Prevention: Engaging and interactive health education programs focused on today’s important issues
  - HOPE in New Brunswick
  - HPD - Health Promotion in Newark
  - Health Promotion in Camden

**Peer Support**
- 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

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### Contact Information

**Rutgers4U**: (856) 652-6819
**GSAPP Psychological Services Network - COVID**: on-line request!
**Let’s Tele-Talk**: (908) 382-7884
**Community Cares Listening Line**: (907) 719-1117

Please use website link above for these resources.

**COVID Connect**: (833) 223-0011 click here
**Short video**: Just an update, Fall 2022

**Rutgers Student Wellness Center**: (856) 225-0005
**Newark**: (873) 353-1218
**New Brunswick**: (848) 445-6131
**NJ Hopeline**: (856) 654-6735

**Reach NJ!**: (848) 732-2465

**Rutgers CAPS**: (848) 932-7884
**Violence Prevention & Victim Asst**:
- Camden: (856) 225-2326
- Newark: (873) 353-1218
- New Brunswick: (848) 445-6131

**GSAPP Center for Psychological Services**: (856) 225-0005
**RBHS**: (873) 972-4636
**Rutgers New Jersey Medical School Counseling Center**: (873) 353-5805

**National Domestic Violence Helpline**: (800) 799-7233 or text LOVEIS to 22522
**National Substance Abuse Helpline**: (800) 662 - 4337
**National Suicide Crisis Lifeline**: 988
**The Sexual Assault Helpline**: (800) 856 - 4673
**NJ Hopeline**: (856) 654 - 6735

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### Legend

- RutgersU: Emotional & therapeutic support by professionals to Rutgers & RWJBIH Staff, Faculty members, Trainees, Students & their families
- GSAPP Psychological Services Network - COVID: Offers telepsychology & phone volunteer services (no or low fee and insurance accepted)
- Let’s Tele-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
- Exercise is Medicine: Strives to motivate to stay physically active.

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### Services Available to:

- Red = Rutgers
- Blue = University Hospital
- Green = Available to All

### Crisis Text Line: text HOME to 741741 Students of Color; text STEVE to 741741