

# Well Being Resources for Rutgers University/RWJBarnabas Health/University Hospital

Faculty, Staff, Health Professionals, Trainees & Fellows

last updated October 2023



	Stress Management Telephone Support by Mental Health Professionals	Stress Management Resiliency Tools	Mental Health Support & Coaching	Employee Assistance Programs (EAP)	Additional Resources	Peer Support
Programs and Descriptions	<p><u>Community Cares Listening Line</u>: culturally responsive helpline providing emotional support &amp; resources to African American first responders &amp; essential workers</p> <p><u>Exercise is Medicine</u>: Strives to motivate to stay physically active</p>	<p><u>90 Seconds of Resiliency</u>: Quick resiliency tools on YouTube</p> <p><u>The Calm Collection</u>: Video guided stress relief</p> <p><u>BeHealthy portal</u>: Workout videos &amp; mindfulness</p> <p><u>Wellness Video Library</u>: At home zumba, yoga fitness &amp; resilience seminars</p> <p><u>Rutgers New Jersey Medical School Wellness Tips</u>: Helpful tips for coping with COVID.</p> <p><u>UH Cares for YOU</u>: A peer support program for emotional support of UH staff</p>	<p><u>GSAPP Center for Psychological Services (CPS)</u>: in-person, comprehensive general and specialty therapeutic services and assessments provided by doctoral students under supervision of licensed psychologists. Low cost fees; insurance accepted where applicable for Rutgers students through the university student insurance plan.</p> <p><u>NJ HopeLine</u>: Confidential telephone counseling &amp; support 24/7</p>	<p><u>RWJ Barnabas Health and Rutgers UBHC</u>: Comprehensive emotional support by mental health professionals, 24/7</p> <p><u>Rutgers Faculty Staff &amp; Assistance Program</u>: Comprehensive counseling &amp; referral services to the university community</p> <p><u>University Hospital EAP</u>: Comprehensive counseling and referral services for the UH community</p>	<p><u>Schwartz Rounds</u>: Multidisciplinary hospital rounds for caregiver to share experiences</p> <p><u>Rutgers School of Health Professions</u>: On-line nutrition tools</p> <p><u>Rutgers &amp; RBHS</u>: Repository of on-line resources</p> <p><u>Mental Health &amp; Wellness</u>: Repository of resources for post-doctoral research fellows</p> <p><u>ReachNJ</u>: Connects individuals who need counseling to live, trained addiction experts 24/7</p> <p><u>Live Another Day</u>: Culturally competent resources for people of color and rehab centers in NJ</p> <p><u>Wellness Workshop Series</u>: A series that focuses on wellness in the workplace and for staff</p>	<p><u>MOM2MOM</u>: Moms &amp; caregivers of special needs children</p> <p><u>VET2VET</u>: New Jersey National Guard members, active military personnel, veterans, their families, &amp; caregivers, statewide 24/7</p> <p><u>VETS4WARRIORS</u>: Any veterans, service members, family members, or caregivers 24/7</p> <p><u>CARE2CAREGIVER</u>: Individuals serving as caregivers</p> <p><u>NURSE2NURSE</u>: A confidential peer support helpline that connects them with retired or former nurses trained in mental health who can assist them</p>
Contact Information	Community Cares Listening Line: (877) 719-1117	Please use website link above for these resources.	NJ HopeLine: (855) 654-6735 GSAPP – CPS: (848) 445-6111 (Press #2 to speak with a receptionist) e-mail: clinic@gsapp.rutgers.edu	RWJBH EAP: (800) 300-0628 Rutgers UBHC EAP: (800) 327-3678 University Hospital EAP: (800) 327-3678 Faculty Staff & Assistance Program: (848) 932-3956	ReachNJ: (844) 732-2465 Wellness Workshop Series: e-mail: uhcaresforyou@uhnj.org	MOM2MOM: (877) 914-6662 VET2VET: (866) 838-7654 VETS4WARRIORS: (855) 838-8255 CARE2CAREGIVER: (800) 424-2494 NURSE2NURSE: (844) 687-7301
Legend	<p>Services Available to:</p> <ul style="list-style-type: none"> <li>LIGHT BLUE: RWJBarnabas Health</li> <li>RED: Rutgers University</li> <li>DARK BLUE: University Hospital</li> <li>GREEN: Available to All</li> </ul> <p>  Linked to Health Insurance   Out of Rutgers Network   Family                 </p> <p>  Crisis 24/7   Underlined = hyperlink                 </p>			<p><b>Crisis</b></p> <p>National Domestic Violence Helpline: (800) 799 - 7233 or text LOVIES to 22522                      National Substance Abuse Helpline: (800) 662 - 4357                      National Suicide &amp; Crisis Lifeline: 988                      The Sexual Assault Helpline: (800) 656 - 4673                      NJ Hopeline: (855) 654 - 6735                      Rape Abuse Incest National Network: (800) 656-4673</p> <p>Crisis Text Line: text hello to 741741</p>		

