

# Well Being Resources for Rutgers University

Students

last update October 2023



	Stress Management Phone Telephone Support by Mental Health Professionals	Stress Management Resiliency Tools	Mental Health Support & Coaching	Mental Health Support & Coaching cont...	Additional Resources	Peer Support
Programs and Descriptions	<p><b>Let's Talk:</b> Individual, confidential support from a counselor </p> <p><b>Community Cares Listening Line:</b> culturally responsive helpline providing emotional support &amp; resources to African American first responders &amp; essential workers </p> <p><b>Exercise is Medicine:</b> Strives to motivate to stay physically active </p> <p><b>Uwill:</b> FREE and CONFIDENTIAL service that offers: </p> <p><b>U-Match</b> - Free <i>immediate</i> access to teletherapy with a licensed therapist - Flexible scheduling during nights and weekends.</p> <p><b>*Uhelp</b> - 24/7/365 connection with a crisis counselor. </p> <p><b>Urise</b> - Wellness programming on stress reduction, nutrition and self-care.</p>	<p><b>90 Seconds of Resiliency:</b> Quick resiliency tools on YouTube </p> <p><b>RU Recreation:</b> Recreational activities that promote movement and exercise </p> <p><b>Rutgers New Jersey Medical School Wellness Tips:</b> A website with helpful tips for coping with COVID </p> <p><b>RU Thriving:</b> Wellness coaching program </p>	<p><b>Rutgers Student Wellness Center:</b> Individual psychotherapy, psychiatric evaluation and medication management. Alcohol, Drug and Nicotine assistance and counseling </p> <p><b>GSAPP Center for Psychological Services:</b> In-person, telepsychology services, psychological assessments (Learning Disabilities/ADHD) </p> <p><b>NJ HopeLine:</b> Confidential telephone counseling &amp; support 24/7 </p> <p><b>Uwill:</b> Free teletherapy with a mental health therapist </p> <p><b>Healtheliving.org:</b> Free mental health assessments, screenings and resources </p>	<p><b>Rutgers CAPS:</b> (Counseling, ADAP &amp; Psychiatric Services) Individual/group counseling, Alcohol/Drug counseling, Medication management. Wide variety of virtual workshops </p> <p><b>Office for Violence Prevention &amp; Victim Assistance:</b> Direct service, education, training, policy development, &amp; consultation </p> <p><i>*additional websites by campus</i></p> <p><b>Rutgers Newark Counseling Center:</b> Short-term individual/ group therapy, psychiatric evaluation, medication management, and alcohol/drug assistance and recovery support </p> <p><b>ReachNJ:</b> Connects individuals who need counseling to live, trained addiction experts. </p> <p><b>Student Wellness Center:</b> Psychological and Counseling Service </p>	<p><b>Rutgers School of Health Professions:</b> On-line nutrition tools </p> <p><b>Rutgers &amp; RBHS:</b> Repository of on-line resources </p> <p><b>Health, Education &amp; Prevention:</b> Engaging and interactive health education programs focused on today's important issues </p> <p><b>HOPE in New Brunswick</b> <b>HPD - Health Promotion in Newark</b> <b>Health Promotion in Camden</b> </p> <p><b>The Trevor Project:</b> Support for LGBTQI youth </p> <p><b>U-lifeline Resources:</b> On-line resources for college mental health </p> <p><b>Live Another Day:</b> Culturally competent resources for people of color and rehab centers in NJ. </p> <p><b>GSAPP College Support Program:</b> Support for college students with Autism </p> <p><b>Relaxation Stations:</b> Stress management tools on campus </p> <p><b>Pantry:</b> Referrals to on and off campus food and basic needs support </p>	<p><b>MOM2MOM:</b> Moms &amp; caregivers of special needs children </p> <p><b>VET2VET:</b> New Jersey National Guard members, active military personnel, veterans, their families, &amp; caregivers, statewide 24/7 </p> <p><b>VETS4WARRIORS:</b> Any veterans, service members, family members, or caregivers 24/7 </p> <p><b>CARE2CAREGIVER:</b> Individuals serving as caregivers </p> <p><b>The Helpline:</b> A confidential text-based helpline run by students, for students </p> <p><b>NURSE2NURSE:</b> A confidential peer support helpline that connects them with retired or former nurses trained in mental health who can assist them </p> <p><b>Wellness Wednesdays:</b> Weekly on campus wellness activities </p> <p><b>Togetherall:</b> Free, safe, online community to share feelings anonymously, peer to peer </p>
Contact Information	<p>Let's Talk: (848) 932-7884 Community Cares Listening Line: (877) 719-1117 *Uhelp: (833) 646-1526 (for Camden, Newark and RUTGERS HEALTH)</p>	<p>Use website link above for these resources. RU Recreation Camden - <a href="#">click here</a> RU Recreation New Brunswick - <a href="#">click here</a></p>	<p>Rutgers Student Wellness Center: (856) 225-6005 GSAPP Center for Psychological Services: (848) 445-6111 NJ Hopeline: (855) 654-6735 Uhelp: (833) 646-1526</p>	<p>Rutgers CAPS: (848) 932-7884 Violence Prevention &amp; Victim Asst: Camden: (856) 225-2326 Newark: (973) 353-1918 New Brunswick: (848) 932-1181 RBHS: (973) 972-4636 Rutgers Newark Counseling Center: (973) 353-5805 ReachNJ: (844) 732-2465</p>	<p>HOPE (Health Outreach Prevention &amp; Education): (848) 932-1965 HPD - Health Promotion in Newark: (973) 353-1256 Health Promotion in Camden:(856)225-6005 The Trevor Project: (866) 488-7386</p>	<p>MOM2MOM: (877) 914-6662 VET2VET: (866) 838-7654 VETS4WARRIORS: (855) 838-8255 CARE2CAREGIVER: (800) 424-2494 The Helpline: (973) 339-0734 (TEXT ONLY) NURSE2NURSE: (844) 687-7301</p>

Legend	Camden Campus New Brunswick Campus Newark Campus RBHS Campus All Campuses Underlined = hyperlink Family Linked to Health Insurance Alumni Crisis 24/7 Services Available to: Red = Rutgers Green = Available to All
--------	---

Crisis	<p>National Domestic Violence Helpline: (800) 799 - 7233 or text LOVEIS to 22522                  National Substance Abuse Helpline: (800) 662 - 4357                  National Suicide and Crisis Lifeline: 988 or (800) 273 - 8255                  The Sexual Assault Helpline: (800) 656 - 4673                  NJ Hopeline: (855) 654 - 6735                  Crisis Text Line: text Hello to 741741                  Rape Abuse Incest National Network: (800) 656 - 4673</p>
--------	--