

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

Faculty, Staff, Health Professionals, Trainees & Fellows

updated August 2022



	Stress Management Telephone Support by Mental Health Professionals	Stress Management Resiliency Tools	Mental Health Support & Coaching	Employee Assistance Programs (EAP)	Additional Resources	Peer Support Telephone Support by Peers
Programs and Descriptions	<p>Rutgers4U: Emotional & therapeutic support by professionals to Rutgers & RWJBH Staff, Faculty members & their families</p> <p>GSAPP Psychological Services Network - COVID: telepsychology & phone volunteer services (no or low fee & insurances accepted)</p> <p>COVID-19 Psychological Support: for NJMS-UH-UPA faculty & staff who are experiencing stress, worry, or anxiety</p> <p>Community Cares Listening Line: culturally responsive helpline providing emotional support & resources to African American first responders & essential workers</p> <p>Exercise is Medicine: Strives to motivate to stay physically active</p>	<p>90 Seconds of Resiliency: Quick resiliency tools on YouTube</p> <p>The Calm Collection: Video guided stress relief</p> <p>BeHealthy portal: Workout videos & mindfulness</p> <p>Wellness Video Library: At home zumba, yoga fitness & resilience seminars</p> <p>The Virtual Chapel @ University Hospital: A calendar of virtual spiritual self-care & wellness events</p> <p>Rutgers New Jersey Medical School Wellness Tips: Helpful tips for coping with COVID.</p> <p>Sanvello: An online platform to support well-being. Click on the Sanvello app on your my.rutgers.edu dashboard for premium access</p> <p>For RU Newark Campus</p> <p>UH Story Time: A safe space to honestly discuss the emotional issues team members face at UH</p>	<p>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</p> <p>Able To App: Virtual cognitive therapy services for anxiety & depression.</p> <p>Health Coaching: Virtual or in person, by national certified health coach for physical & emotional health</p> <p>GSAPP Center for Psychological Services: In-person, telepsychology services, psychological assessments (Learning Disabilities/ ADHD)</p> <p>NJ HopeLine: Confidential telephone counseling & support 24/7</p>	<p>RWJ Barnabas Health and Rutgers UBHC: Comprehensive emotional support by mental health professionals, 24/7</p> <p>Rutgers Faculty Staff & Assistance Program: Comprehensive counseling & referral services to the university community</p> <p>University Hospital EAP: Comprehensive counseling and referral services for the UH community</p>	<p>Schwartz Rounds: Multidisciplinary hospital rounds for caregiver to share experiences</p> <p>Rutgers School of Health Professions: On-line nutrition tools</p> <p>Rutgers & RBHS: Repository of on-line resources</p> <p>Mental Health & Wellness: Repository of resources for post-doctoral research fellows</p> <p>UH Cares for YOU: A peer support program for emotional support of UH staff</p> <p>ReachNJ: Connects individuals who need counseling to live, trained addiction experts 24/7</p>	<p>MOM2MOM: Moms & caregivers of special needs children</p> <p>VET2VET: New Jersey National Guard members, active military personnel, veterans, their families, & caregivers, statewide 24/7</p> <p>VETS4WARRIORS: Any veterans service members, family members or caregivers 24/7</p> <p>CARE2CAREGIVER: Individuals serving as caregivers</p> <p>Nurse2Nurse: A confidential peer support helpline that connects them with retired or former nurses trained in mental health who can assist them</p>
Contact Information	<p>Rutgers4U: (855) 652-6819</p> <p>GSAPP Psychological Services Network - COVID: on-line request</p> <p>COVID-19 Psychological Support: Stress.Anxiety@NJMS.Rutgers.edu</p> <p>Community Cares Listening Line: (877) 719-1117</p>	<p>Please use website link above for these resources.</p> <p>UH Story Time: (973) 558-0833</p>	<p>COVID Connect: (833) 223-0011 short video: https://youtu.be/6KanJ9Te-z0 Irena Guberman (gubermir@ubhc.rutgers.edu)</p> <p>NJ HopeLine: (855) 654-6735</p>	<p>RWJBH EAP: (800) 300-0628</p> <p>Rutgers UBHC EAP: (800) 327-3678</p> <p>University Hospital EAP: (800) 327-3678</p> <p>Faculty Staff & Assistance Program: (848) 932-3956</p>	<p>UH Cares for YOU: (973) 558-0833 uhcaresforyou@uhnj.org</p> <p>ReachNJ: (844) 732-2465</p>	<p>MOM2MOM: (877) 914-6662</p> <p>VET2VET: (866) 838-7654</p> <p>VETS4WARRIORS: (855) 838-8255</p> <p>CARE2CAREGIVER: (800) 424-2494</p> <p>Nurse2Nurse: (844) 687-7301</p>
Legend	<p>Services Available to:</p> <p>LIGHT BLUE: RWJBarnabas Health</p> <p>RED: Rutgers University</p> <p>DARK BLUE: University Hospital</p> <p>GREEN: Available to All</p> <p>Linked to Health Insurance</p> <p>Out of Rutgers Network</p> <p>Family</p> <p>Crisis 24/7</p> <p>Underlined = hyperlink</p>			<p>Crisis</p> <p>National Domestic Violence Helpline: (800) 799 - 7233 or text LOVEIS to 22522</p> <p>National Substance Abuse Helpline: (800) 662 - 4357</p> <p>National Suicide & Crisis Lifeline: 988</p> <p>The Sexual Assault Helpline: (800) 656 - 4673</p> <p>NJ Hopeline: (855) 654 - 6735</p>		