

# Well Being Resources for Rutgers University & University Hospital

Students

update August 2022



	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 Telephone Support by Peers
Programs and Descriptions	<p><b>Rutgers4U:</b> Emotional &amp; therapeutic support by professionals to Rutgers &amp; RWJBH Staff, Faculty members, Trainees, Students &amp; their families</p> <p><b>GSAPP Psychological Services Network - COVID:</b> Offers telepsychology &amp; phone volunteer services (no or low fee and insurances accepted)</p> <p><b>Let's Tele-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>90 Seconds of Resiliency:</b> Quick resiliency tools on YouTube</p> <p><b>Sanvello:</b> An online platform to support well-being. Click on the Sanvello app on your my.rutgers.edu dashboard for premium access</p> <p><b>The Virtual Chapel @ University Hospital:</b> A calendar of virtual spiritual self-care and wellness events</p> <p><b>Rutgers New Jersey Medical School Wellness Tips:</b> A website with helpful tips for coping with COVID</p> <p><b>UH Cares for YOU:</b> A peer support program for emotional support of UH staff.</p> <p><b>UH Story Time:</b> A safe space to honestly discuss the emotional issues team members face at UH.</p> <p><b>RU Recreation Center:</b> Recreational activities that promote movement and exercise.</p>	<p><b>COVID Connect:</b> Statewide access to behavioral health &amp; substance abuse real time, live call line support &amp; warm transfer to clinical services across a statewide provider network</p> <p><b>Rutgers Student Wellness Center:</b> Individual psychotherapy, psychiatric evaluation and medication management, Learning Disabilities and ADHD evaluations, and 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>Togetherall:</b> Safe, online community to share feelings anonymously</p> <p><b>ProtoCall:</b> Behavioral Health linkage for urgent matters via app, 24/7</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 *additional websites by campus</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>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>Oaks Crisis Screening &amp; Stabilization Services:</b> Emergency assessment &amp; Interventions 24/7</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>GSAPP College Support Program:</b> Support for college students with Autism</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>We Chat:</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>RU Thriving:</b> Wellness coaching program</p>
Contact Information	<p>Rutgers4U: (855) 652-6819 GSAPP Psychological Services Network - COVID: on-line request Let's Tele-Talk: (848) 932-7884 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 RU Recreation Camden - <a href="#">click here</a> RU Recreation New Brunswick - <a href="#">click here</a></p>	<p>COVID Connect: (833) 223-0011 <a href="#">click here</a> short video: <a href="https://youtu.be/8Kanj9Te-z0">https://youtu.be/8Kanj9Te-z0</a> Rutgers Student Wellness Center: (856) 225-6005 GSAPP Center for Psychological Services: (848) 445-6111 NJ Hopeline: (855) 654-6735</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</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 Oaks Crisis Screening &amp; Stabilization Services: (856) 428-HELP The Trevor Project: (866) 488-7836</p>	<p>MOM2MOM: (877) 914-6662 VET2VET: (866) 838-7654 VETS4WARRIORS: (855) 838-8255 CARE2CAREGIVER: (800) 424-2494 We Chat: (973) 339-0734 Nurse2Nurse: (844) 687-7301</p>
Legend	<p>Camden Campus    Newark Campus    All Campuses    Family    Alumni    Services Available to: New Brunswick Campus    RBHS Campus    Underlined = hyperlink    Linked to Health Insurance    Crisis 24/7    Red = Rutgers Blue = University Hospital Green = Available to All</p>					<p><b>Crisis</b> 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 The Sexual Assault Helpline: (800) 656 - 4673 NJ Hopeline: (855) 654 - 6735 Crisis Text Line: text HOME to 741741 Students of Color: text STEVE to 741741</p>