

RUTGERS HEALTH

Announcement - Launch of Rutgers Health Staff, Faculty and Family Support Line April 27th, 2020

Rutgers Health is proud to announce the launch of a new **confidential staff, faculty and family support line: Rutgers4U (1-855-652-6819)**

Our new support line is developed to offer emotional and therapeutic support during and following the Covid-19 pandemic to Rutgers Staff, Faculty members and their families. It is intended to offer quick access to professional resources to help reduce the stress, anxiety, feelings of depression and other challenges experienced by the staff, faculty and families of Rutgers University.

The line, which is organized and implemented by Rutgers University Behavioral Health Care (UBHC), with the assistance of Rutgers School of Social Work and the Robert Wood Johnson School of Medicine, will be staffed by licensed clinicians who will conduct an initial assessment and will provide a brief clinical intervention. During this first encounter the clinician will determine if additional individual or family therapy tele-mental health sessions would be beneficial, with a transfer to the UBHC Access Center for appointment scheduling.

Beginning April 27, 2020, this support line will be operational Monday through Friday from 8:00am - 4:00pm. Hours will expand to 8:00am - 8:00pm, seven days a week, as staffing permits. During the off-hours a voicemail box will be established to allow callers to leave their contact information for a follow up the next morning.

1-855-652-6819
Rutgers4U

For more information, visit our website at ubhc.rutgers.edu