

OUR MISSION

Rutgers Health: University Behavioral Health Care is dedicated to a mission of excellence that includes, the delivery of evidence based and compassionate behavioral health and addiction services to individuals and families across New Jersey, advancing the science through programmatic research, and educating the next generation of health care professionals.



<https://ubhc.rutgers.edu/swp>

Locations:

183 South Orange Avenue,
Suite D1414, D1412
Newark, New Jersey

227 Laurel Road
Suite 101, Echelon Plaza
Voorhees, New Jersey

242 Old New Brunswick Road
Suite 330
Piscataway, New Jersey



(800) 327 - 3678



RUTGERS HEALTH

University Behavioral Health Care

Employee Assistance Program
Student Wellness Program

Student

Wellness

Program





Why SWP?

Academic performance can be influenced by many factors, including home and school environments, social connections, personal motivation and wellness, just to name a few. Balancing school demands with those from family and work can be daunting. Too often, we lose sight of the importance of taking care of our own health. Taking time to care for ourselves is the best investment we can make in our academic success.

Prioritizing our mental health can feel like an impossible task. But it's more important now than ever.

Rutgers University Behavioral Health Care (UBHC) Student Wellness Program (SWP) is available to support you in your journey to mental health and wellness.

Student Wellness Services

- Short-term, solution focused counseling provided by licensed mental health clinicians, available for work and non-work-related issues
- School-related management consultations
- Access to a robust wellness app, offering podcasts, webinars, 1000's of curated articles, discount marketplace, and more!
- Referrals to treatment
- Workshops and trainings for topics such as stress management, communication skills, test taking anxiety and procrastination
- Psychiatric consults may be available to some schools and contracts

Accessibility

All services are CONFIDENTIAL and offered at NO CHARGE. To ensure confidentiality, an SWP-specific electronic medical record (EMR) is used. Services are available to students and their household members.

Services are available via telehealth or in-person at any of our locations as follows:

Monday through Thursday 8:30 AM - 8:00 PM
Friday 8:30 AM - 5:00 PM

Call **988** for urgent or emergent matters

Call us at
(800) 327 - 3678

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