Well Being Resources for Rutgers University/RWJBarnabas Health/University Hospital
Faculty, Staff, Health Professionals, Trainees & Fellows

**Stress Management**
- Telephone Support by Mental Health Professionals

**Stress Management Resiliency Tools**
- BC Seconds of Resiliency: Quick resiliency tools on YouTube
- The Calm Collection: Video guided stress relief
- BeHealthy portal: Workout videos & mindfulness
- Wellness Video Library: At home zumba, yoga fitness & resilience seminars
- Rutgers New Jersey Medical School Wellness Tips: Helpful tips for coping with COVID
- UH Cares for YOU: A peer support program for emotional support of UH staff

**Mental Health Support & Coaching**
- GSAPP Center for Psychological Services (CPS): In-person, comprehensive general and specialty therapeutic services and assessments provided by doctoral students under supervision of licensed psychologists. Low cost fees; insurance accepted where applicable for Rutgers students through the university student insurance plan.
- NJ Hopeline: Confidential telephone counseling & support 24/7

**Employee Assistance Programs (EAP)**
- RWJ Barnabas Health and Rutgers UHBE: Comprehensive emotional support by mental health professionals, 24/7
- Rutgers Faculty Staff & Assistance Program: Comprehensive counseling & referral services to the university community
- University Hospital EAP: Comprehensive counseling and referral services for the UH community

**Additional Resources**
- Schwartz Rounds: Multidisciplinary hospital rounds for caregiver to share experiences
- Rutgers School of Health Professions: On-line nutrition tools
- Rutgers & RBHS: Repository of on-line resources
- Mental Health & Wellness: Repository of resources for post-doctoral research fellows
- ReachNJ: Connects individuals who need counseling to live, trained addiction experts 24/7
- Live Another Day: Culturally competent resources for people of color and rehab centers in NJ
- Wellness Workshop Series: A series that focuses on wellness in the workplace and for staff

**Crisis 24/7**
- National Domestic Violence Helpline: (800) 789 - 7233 or text LOVIES to 22522
- National Substance Abuse Helpline: (800) 662 - 4357
- National Suicide & Crisis Lifeline: 988
- The Sexual Assault Helpline: (800) 656 - 4673
- NJ Hopeline: (856) 654 - 6736
- Crisis Text Line: text hello to 741741
- Rape Abuse Incest National Network: (800) 656-4673

**Contact Information**
- Community Cares Listening Line: (877) 719-1117
- Please use website link above for these resources.
- NJ Hopeline: (856) 854-8735
- GSAPP – CPR: (848) 646-8111 (Press #2 to speak with a receptionist)
- e-mail: clinic@gsapp.rutgers.edu

**Legend**
- LIGHT BLUE: RWJBarnabas Health
- RED: Rutgers University
- DARK BLUE: University Hospital
- GREEN: Available to All
- Family
- Out of Rutgers Network
- Crisis 24/7
- Underlined = hyperlink

**Programs and Descriptions**
- Exercise is Medicine: Strives to motivate to stay physically active
- Community Cares Listening Line: Culturally responsive helpline providing emotional support & resources to African American first responders & essential workers
- UH Cares for YOU: A peer support program for emotional support of UH staff
- UH Staff: Faculty Staff University Hospital EAP: (800) 327-3678
- Rutgers UBHC: (800) 327-3678
- RWJBH: (800) 300-0628
- Rutgers School of Health Professions: On-line nutrition tools
- Rutgers & RBHS: Repository of on-line resources
- Mental Health & Wellness: Repository of resources for post-doctoral research fellows
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**Peer Support**
- MOM2MOM: Moms & caregivers of special needs children
- VET2VET: New Jersey National Guard members. active military personnel, veterans, their families, & caregivers, statewide 24/7
- VETSWARRIORS: Any veterans, service members, family members, caregivers 24/7
- CARE2CAREGIVER: Individuals serving as caregivers
- NURSE2NURSE: A confidential peer support helpline that connects them with retired or former nurses trained in mental health who can assist them

*Legend*
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- LIGHT BLUE: RWJBarnabas Health
- NATIONAL CRISIS 24/7:
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  - (988) 988
  - (800) 656-4673
  - (848) 646-8111
  - (848) 854-8735
  - (888) 687-7301
  - (800) 424-2494
  - (838) 732-3465
  - (844) 687-7301
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  - (844) 687-7301

*Updated last October 2023*