

Well Being Resources for Rutgers University

Students

last update October 2023



	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
Programs and Descriptions	<p>Let's Talk: Individual, confidential support from a counselor </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>Uwill: FREE and CONFIDENTIAL service that offers: </p> <p>U-Match - Free <i>immediate</i> access to teletherapy with a licensed therapist - Flexible scheduling during nights and weekends.</p> <p>*Uhelp - 24/7/365 connection with a crisis counselor. </p> <p>Urise - Wellness programming on stress reduction, nutrition and self-care.</p>	<p>90 Seconds of Resiliency: Quick resiliency tools on YouTube </p> <p>RU Recreation: Recreational activities that promote movement and exercise </p> <p>Rutgers New Jersey Medical School Wellness Tips: A website with helpful tips for coping with COVID </p> <p>RU Thriving: Wellness coaching program </p>	<p>Rutgers Student Wellness Center: Individual psychotherapy, psychiatric evaluation and medication management. Alcohol, Drug and Nicotine assistance and counseling </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>Uwill: Free teletherapy with a mental health therapist </p> <p>Healtheliving.org: Free mental health assessments, screenings and resources </p>	<p>Rutgers CAPS: (Counseling, ADAP & Psychiatric Services) Individual/group counseling, Alcohol/Drug counseling, Medication management. Wide variety of virtual workshops </p> <p>Office for Violence Prevention & Victim Assistance: Direct service, education, training, policy development, & consultation </p> <p><i>*additional websites by campus</i></p> <p>Rutgers Newark Counseling Center: Short-term individual/ group therapy, psychiatric evaluation, medication management, and alcohol/drug assistance and recovery support </p> <p>ReachNJ: Connects individuals who need counseling to live, trained addiction experts. </p> <p>Student Wellness Center: Psychological and Counseling Service </p>	<p>Rutgers School of Health Professions: On-line nutrition tools </p> <p>Rutgers & RBHS: Repository of on-line resources </p> <p>Health, Education & Prevention: Engaging and interactive health education programs focused on today's important issues </p> <p>HOPE in New Brunswick HPD - Health Promotion in Newark Health Promotion in Camden </p> <p>The Trevor Project: Support for LGBTQI youth </p> <p>U-lifeline Resources: On-line resources for college mental health </p> <p>Live Another Day: Culturally competent resources for people of color and rehab centers in NJ. </p> <p>GSAPP College Support Program: Support for college students with Autism </p> <p>Relaxation Stations: Stress management tools on campus </p> <p>Pantry: Referrals to on and off campus food and basic needs support </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>The Helpline: A confidential text-based helpline run by students, for students </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> <p>Wellness Wednesdays: Weekly on campus wellness activities </p> <p>Togetherall: Free, safe, online community to share feelings anonymously, peer to peer </p>
Contact Information	<p>Let's Talk: (848) 932-7884 Community Cares Listening Line: (877) 719-1117 *Uhelp: (833) 646-1526 (for Camden, Newark and RUTGERS HEALTH)</p>	<p>Use website link above for these resources. RU Recreation Camden - click here RU Recreation New Brunswick - click here</p>	<p>Rutgers Student Wellness Center: (856) 225-6005 GSAPP Center for Psychological Services: (848) 445-6111 NJ Hopeline: (855) 654-6735 Uhelp: (833) 646-1526</p>	<p>Rutgers CAPS: (848) 932-7884 Violence Prevention & 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 ReachNJ: (844) 732-2465</p>	<p>HOPE (Health Outreach Prevention & Education): (848) 932-1965 HPD - Health Promotion in Newark: (973) 353-1256 Health Promotion in Camden:(856)225-6005 The Trevor Project: (866) 488-7386</p>	<p>MOM2MOM: (877) 914-6662 VET2VET: (866) 838-7654 VETS4WARRIORS: (855) 838-8255 CARE2CAREGIVER: (800) 424-2494 The Helpline: (973) 339-0734 (TEXT ONLY) NURSE2NURSE: (844) 687-7301</p>

Legend	Camden Campus New Brunswick Campus Newark Campus RBHS Campus All Campuses Underlined = hyperlink Family Linked to Health Insurance Alumni Crisis 24/7 Services Available to: Red = Rutgers Green = Available to All
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Crisis	<p>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 or (800) 273 - 8255 The Sexual Assault Helpline: (800) 656 - 4673 NJ Hopeline: (855) 654 - 6735 Crisis Text Line: text Hello to 741741 Rape Abuse Incest National Network: (800) 656 - 4673</p>
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