

Well Being Resources for Rutgers University/RWJBarnabas Health/University Hospital

Faculty, Staff, Health Professionals, Trainees & Fellows

	Stress Management Phone	Stress Management Resiliency Tools	Mental Health Support & Coaching	Employee Assistance Programs (EAP)	Additional Resources	Peer Support
Programs and what they offer	<p>Telephone Support by Mental Health Professionals:</p> <p>Rutgers4U: Emotional & therapeutic support by professionals to Rutgers & RWJBH Staff, Faculty members & their families</p> <p>GSAPP COVID Network: Offers telepsychology & phone volunteer services (no or low fee and insurances accepted)</p> <p>NJ HopeLine: Confidential telephone counseling & support 24/7</p>	<p>90 Seconds of Resiliency: Quick resiliency tools on YouTube</p> <p>The Calm Collection: Video guided stress relief</p> <p>BeHealthy portal: Workout videos & mindfulness</p> <p>Wellness Video Library: At home zumba, yoga fitness & resilience seminars</p> <p>The Virtual Chapel @ University Hospital: A calendar of virtual spiritual self-care & wellness events</p>	<p>COVID Coordinating Entity - (CCE): August start, statewide access to behavioral health & substance abuse real time, live call line support & warm transfer to clinical services across a statewide provider network</p> <p>Joyable app and Able to see: Virtual cognitive therapy services for anxiety & depression either with counselor or coach</p> <p>Health Coaching: Virtual or in person, by national certified health coach for physical & emotional health</p>	<p>RWJ Barnabas Health and Rutgers UBHC: Comprehensive emotional support by mental health professionals, 24/7</p> <p>Rutgers Faculty Staff & Assistance Program: Comprehensive counseling & referral services to the university community</p>	<p>Schwartz Rounds: Multidisciplinary hospital rounds for caregiver to share experiences</p> <p>Good Grief: A free grief support program for grieving families</p> <p>Rutgers School of Health Professions: On-line nutrition tools</p> <p>Rutgers & RBHS: Repository of on-line resources</p> <p>Mental Health & Wellness: Repository of resources for post-doctoral research fellows</p>	<p>Telephone Support by Peers:</p> <p>Doc to Doc Together: Emotional peer support for physicians by physicians</p> <p>MOM2MOM: Moms & caregivers of special needs children</p> <p>NETZVET: New Jersey National Guard members, active military personnel, veterans, their families & caregivers, statewide</p> <p>VETSAWARRIORS: Any veterans, service members, family members, or caregivers</p> <p>CARE2CAREGIVER: Individuals serving as caregivers</p>
Contact Information	<p>Rutgers4U: (855) 652-6819 NJ HopeLine: (855) 654-6735 GSAPP COVID - on-line request</p>	Available on website.	<p>COVID Coordinating Entity (CCE) (833) 416-8773</p>	<p>RWJBH EAP: (800) 300-0628 Rutgers UBHC EAP: (800) 327-3678 University Hospital EAP: (800) 327-3678 Faculty Staff & Assistance Program: (848) 932-3956</p>	<p>Good Grief: (908) 522-1999</p>	<p>Doc to Doc Together: (973) 283-SAFE NETZVET: (866) 838-7654 VETSAWARRIORS: (855) 838-8255 CARE2CAREGIVER: (800) 424-2494</p>
Legend	<p>Services Available to:</p> <p>BLUE: RWJBarnabas Health RED: Rutgers University BLACK: University Hospital GREEN: Available to All</p> <p>Linked to Health Insurance Out of Rutgers Network Family</p> <p>Crisis 24/7 Underlined = hyperlink</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Access (800) 969-5300</p> </div> <div style="text-align: center;"> <p>Access (800) 300-0628</p> </div> </div>					

Well Being Resources for Rutgers University

Students

	Stress Management Phone	Stress Management Resiliency Tools	Mental Health Support & Coaching	Mental Health Support & Coaching cont...	Additional Resources	Peer Support
Programs and what they offer	<p>Telephone Support by Mental Health Professionals:</p> <p>Rutgers4U: Emotional & therapeutic support by professionals to Rutgers & RWJBH Staff, Faculty members, Trainees, Students & their families</p> <p>GSAPP Psychological Services Network - COVID: Offers telepsychology & phone volunteer services (no or low fee and insurances accepted)</p> <p>NJ HopeLine: Confidential telephone counseling & support 24/7</p> <p>Let's Tele-Talk: Individual, confidential support from a counselor</p>	<p>90 Seconds of Resiliency: Quick resiliency tools on YouTube</p> <p>Therapist Assisted On-line Program (TAOP): An online self-help platform to support well-being</p> <p>The Virtual Chapel @ University Hospital: A calendar of virtual spiritual self-care and wellness events</p>	<p>COVID Coordinating Entity - (CCE): August start, statewide access to behavioral health & substance abuse real time, live call line support & warm transfer to clinical services across a statewide provider network</p> <p>Rutgers Student Wellness Center: Short-term individual psychotherapy, psychological and psychiatric evaluation for use of supportive medications Alcohol, Drug & Nicotine assistance and counseling services and Educational Assessments (Learning Disabilities and ADHD)</p> <p>GSAPP Center for Psychological Services: In-person & telepsychology services</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>Rutgers Newark Counseling Center: Short-term individual/group therapy, psychiatric evaluation, medication management, and alcohol/drug assistance and recovery support</p>	<p>Good Grief: A free grief support program for grieving families</p> <p>Rutgers School of Health Professions: On-line nutrition tools</p> <p>Rutgers & RBHS: Repository of on-line resources</p> <p>HOPE (Health Outreach Prevention & Education): Workshops Facilitated by Peer Educators, Suicide Prevention, Connect Gatekeeping Training, Online screening & other self-help resources</p> <p>Oaks Crisis Screening & Stabilization Services: Emergency assessment & Interventions</p> <p>The Trevor Project: Support for LGBTQI youth</p> <p>U-lifeline resources: On-line resources for college mental health</p>	<p>Telephone Support by Peers:</p> <p>MOM2MOM: Moms & caregivers of special needs children</p> <p>NETZVET: New Jersey National Guard members, active military personnel, veterans, their families, & caregivers, statewide 24/7</p> <p>VETSAWARRIORS: Any veterans, service members, family members, or caregivers 24/7</p> <p>CARE2CAREGIVER: Individuals serving as caregivers</p> <p>Office for Violence Prevention & Victim Assistance: We Chat: A confidential text-based helpline run by students, for students</p> <p>GSAPP College Support Program: Support for college students with Autism.</p>
Contact Information	<p>Rutgers4U: (855) 652-6819 NJ HopeLine: (855) 654-6735 GSAPP COVID - on-line request Let's Tele-Talk: (848) 932-7884</p>	Available on website.	<p>COVID Coordinating Entity (CCE): (833) 416-8773 Rutgers Student Wellness Center: (856) 225-6005 GSAPP Center for Psychological Services: (848) 445-8111</p>	<p>Rutgers CAPS: (848) 932-7884 Violence Prevention & Victim Asst: Camden: (848) 225-2326 Newark: (973) 353-5805 New Brunswick: (848) 932-1181 RBHS: (973) 972-4636 Rutgers Newark Counseling Center: (973) 353-6805</p>	<p>Good Grief: (908) 522-1999 Hope (Health Outreach Prevention & Education): (848) 932-1985 Oaks Crisis Screening & Stabilization Services: (856) 426-HELP The Trevor Project: (866) 488-7836</p>	<p>MOM2MOM: (877) 914-6862 NETZVET: (866) 838-7654 VETSAWARRIORS: (855) 838-8255 CARE2CAREGIVER: (800) 424-2494 Office for Violence Prevention & Victim Assistance: (848) 932-1181 GSAPP College Support Program: on-line request</p>
Legend	<p>Camden Campus Newark Campus All Campuses Family Alumni</p> <p>New Brunswick Campus RBHS Campus Underlined = hyperlink Linked to Health Insurance Crisis 24/7</p> <p>Services Available to: Red = Rutgers Black = University Hospital Green = Available to All</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Access (800) 969-5300</p> </div> <div style="text-align: center;"> <p>Access (800) 300-0628</p> </div> </div>					