







# 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	Mental Health Support & Coaching	Employee Assistance Programs (EAP)	Additional Resources	Peer Support Telephone Support by Peers
<p><b>Programs and what they offer</b></p>	<p><u>Rutgers4U</u>: Emotional &amp; therapeutic support by professionals to Rutgers &amp; RWJBH Staff, Faculty members &amp; their families</p> <p><u>GSAPP Psychological Services Network - COVID</u>: Offers telepsychology &amp; phone volunteer services (no or low fee &amp; insurances accepted)</p> <p><u>NJ HopeLine</u>: Confidential telephone counseling &amp; support 24/7</p> <p><u>COVID-19 Psychological Support</u>: for NJMS-UH-UPA faculty &amp; staff who are experiencing stress, worry, or anxiety</p> <p><u>Community Cares Listening Line</u>: culturally responsive helpline providing emotional support &amp; resources to African American first responders &amp; essential workers</p>	<p><u>90 Seconds of Resiliency</u>: Quick resiliency tools on YouTube</p> <p><u>The Calm Collection</u>: Video guided stress relief</p> <p><u>BeHealthy portal</u>: Workout videos &amp; mindfulness</p> <p><u>Wellness Video Library</u>: At home zumba, yoga fitness &amp; resilience seminars</p> <p><u>The Virtual Chapel @ University Hospital</u>: A calendar of virtual spiritual self-care &amp; wellness events</p> <p><u>Rutgers New Jersey Medical School Wellness Tips</u>: A website with helpful tips for coping with COVID.</p>	<p><u>COVID Coordinating Entity - (CCE)</u>: August start, statewide access to behavioral health &amp; substance abuse real time, live call line support &amp; warm transfer to clinical services across a statewide provider network</p> <p><u>Joyable app</u> and <u>Able to app</u>: Virtual cognitive therapy services for anxiety &amp; depression either with counselor or coach</p> <p><u>Health Coaching</u>: Virtual or in person, by national certified health coach for physical &amp; emotional health</p>	<p><u>RWJ Barnabas Health</u> and <u>Rutgers UBHC</u>: Comprehensive emotional support by mental health professionals, 24/7</p> <p><u>Rutgers Faculty Staff &amp; Assistance Program</u>: Comprehensive counseling &amp; referral services to the university community</p>	<p><u>Schwartz Rounds</u>: Multidisciplinary hospital rounds for caregiver to share experiences</p> <p><u>Good Grief</u>: A free grief support program for grieving families</p> <p><u>Rutgers School of Health Professions</u>: On-line nutrition tools</p> <p><u>Rutgers &amp; RBHS</u>: Repository of on-line resources</p> <p><u>Mental Health &amp; Wellness</u>: Repository of resources for post-doctoral research fellows</p>	<p><u>Doc to Doc Together</u>: Emotional peer support for physicians by physicians</p> <p><u>MOM2MOM</u>: Moms &amp; caregivers of special needs children</p> <p><u>VET2VET</u>: New Jersey National Guard members, active military personnel, veterans, their families, &amp; caregivers, statewide</p> <p><u>VETS4WARRIORS</u>: Any veterans, service members, family members, or caregivers</p> <p><u>CARE2CAREGIVER</u>: Individuals serving as caregivers</p>
<p><b>Contact Information</b></p>	<p>Rutgers4U: (855) 652-6819            NJ HopeLine: (855) 654-6735            GSAPP Psychological Services            Network - COVID: on-line request            COVID-19 Psychological Support: Stress.Anxiety@NJMS.Rutgers.edu            Community Cares Listening Line: (877) 719-1117</p>	<p>Please use website link above for these resources.</p>	<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 &amp; Assistance Program: (848) 932-3956</p>	<p>Good Grief: (908) 522-1999</p>	<p>Doc to Doc Together: (973) 283-SAFE            MOM2MOM: (877) 914-6662            VET2VET: (866) 838-7654            VETS4WARRIORS: (855) 838-8255            CARE2CAREGIVER: (800) 424-2494</p>

### Legend

Services Available to:

-  BLUE: RWJBarnabas Health
-  Linked to Health Insurance
-  RED: Rutgers University
-  Crisis 24/7
-  BLACK: University Hospital
-  Out of Rutgers Network
-  GREEN: Available to All
-  Family
-  Underlined = hyperlink

