

STUDENT WELLNESS PROGRAM (SWP)

The Student Wellness Program (SWP) is a confidential counseling service which helps students deal effectively with stressors and pressures related to school, as well as personal problems that may affect their well-being, their home lives and/or their academic performance. Services are provided by the Rutgers University Behavioral Health Care Staff. Hence, they are independent of your school.

What Services are Available?

- Free confidential counseling.
- Short term and focused individual couples and family counseling.
- Crisis intervention.
- Prevention oriented groups and workshops on relevant topics, stress management.
- Assessment and referral for specialized substance abuse treatment.
- Training and consultation to peer support counselors, faculty & staff.

When Are Appointments Available?

Day and evening appointments are available Monday through Friday; crisis services are available 24 hours a day, 7 days a week.

Please call between the hours of 9am and 5pm Monday through Friday to make an appointment:

Stratford/Voorhees **856.770.5750**
Piscataway **732.235.5933**
Newark **973.972.5429**

Please identify yourself as a RowanSOM student when requesting an appointment.

For crises after normal business hours, call 1-855-515-5700.

This service includes a psychologist who will provide cognitive behavioral therapy and counseling services, but is unable to prescribe medication

IF YOU OR SOMEONE YOU KNOW IS IN CRISIS, THE FOLLOWING SERVICES ARE AVAILABLE 24/7:

- Rowan Public Safety: **856.256.4911** and ask to speak with the Counselor on Call.
- Crisis Center Hotline/ Oaks Integrated Care: **856.428.4357**
- National Suicide Prevention Lifeline: **1.800.273.TALK (8255)**
- **Call 9-1-1**, go to Jefferson Health-ER (Cherry Hill) or nearest emergency room.

These services give students in significant distress immediate access to professionals specializing in suicide prevention.

STUDENT SUPPORT SERVICES

 **Rowan University**
SCHOOL OF OSTEOPATHIC MEDICINE



RowanSOM Student Mental Health

Dr. Elina Maymind & Dr. Paul Furtaw



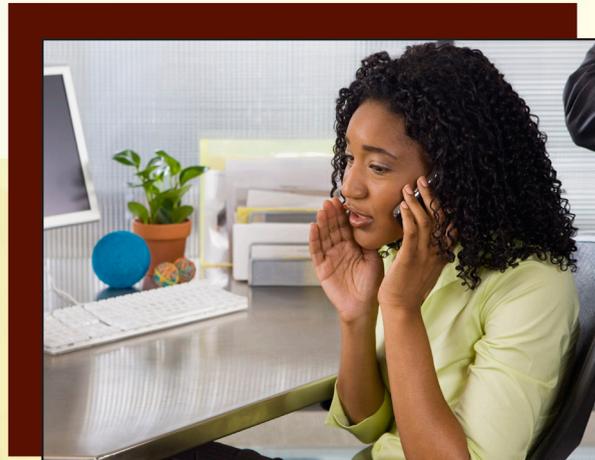
Dr. Maymind, the Director of RowanSOM Student Mental Health, and Dr. Furtaw focus their practice on supporting the personal well-being and professional success of medical students and residents. They provide timely and confidential access to psychiatric evaluation, medication management, counseling and performance coaching. RowanSOM student health insurance and many other private insurance plans are accepted.

Please Note: Dr. Maymind and Dr. Furtaw do not evaluate RowanSOM students and residents in academic coursework or supervise clerkships, nor are students permitted to shadow in the clinic.

100 Century Parkway | Suite 350
Mount Laurel, NJ 08054
856.482.9000

What a Student Can Expect When They Call:

- Student must tell the receptionist that he or she is a RowanSOM student and is looking to make an appointment.
- Staff will offer the student an appointment or have a clinician call back for more information and scheduling.



Services are confidential.

- The first session will last 45-60 minutes; Follow up sessions may be 30-45 minutes
- Together the clinician and student will create a plan of care with the goal of enhancing the student's functioning.

Medical professionals within the Department of Psychiatry include licensed therapists, a physician/psychiatrist and nurse practitioners. They will prescribe medication when needed.



ROWAN UNIVERSITY WELLNESS CENTER

Winans Hall
201 Mullica Hill Rd.
Glassboro, NJ 08028
Phone: 856.256.4333

Office Hours:

8:00 am to 6:00 pm Monday, Tuesday, Thursday
8:00 am to 8:00 pm Wednesday
8:00 am to 4:00 pm Friday

A counselor is available in-person, Monday through Friday, during regular office hours for emergency walk-ins. After regular business hours, during the weekdays and weekends, a counselor is available by phone, for mental health emergencies and suicide prevention, through Public Safety.

CENTER FOR TEACHING AND LEARNING

856.566.6852

STUDENT AFFAIRS & ALUMNI ENGAGEMENT

856.566.6740



<https://som.rowan.edu/education/studentlife/wellness.html>