

# SOM STUDENT

---

# MENTAL HEALTH RESOURCE GUIDE

## 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: **988**
- **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.

## WELLCONNECT

---

A mental health and well-being resource available to SOM students and their household members 24/7, at no cost.

### What Services Are Available?

- 24-hour telephonic support from licensed mental health professionals
- Five free counseling sessions for test anxiety, relationship issues, and more
- Legal and financial consultations
- Referrals for things like housing, utilities, childcare and other local resources
- Health and wellness consultations
- A website featuring articles, assessments, webinars, financial calculators, skill builders and other self-help tools

**866-640-4777** (School Code: RUSOM)  
**WellConnectForYou.com**

## STUDENT WELLNESS PROGRAM/ RUTGERS BEHAVIORIAL HEALTH

---

### What Services Are Available?

- Free confidential counseling
- Short term and focused individual couples and family counseling
- 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?

- For appointments, call between 9 AM and 5 PM and identify yourself as a Rowan-Virtua SOM student
  - **Stratford/Voorhees 856-770-5750**
  - **Piscataway 732-235-5933**
  - **Newark 973-972-5429**
- This service includes cognitive behavioral therapy and counseling services
- **For crises after normal business hours, call 1-855-515-5700.**

# STUDENT MENTAL HEALTH CENTER

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

## What Services Are Available?

- Counseling and performance coaching
- Crisis intervention
- Medication management

## When Are Appointments Available?

- Monday through Friday
- For appointments, call **856-482-9000**, between 8 AM and 4 PM and identify yourself as a Rowan-Virtua SOM student
- For crises after normal business hours, call **856-256-4911**, and speak with the counselor on call

---

## OAKS INTEGRATED CARE

2051 Springdale Rd, Cherry Hill, NJ 08003

**856-254-3800**

### Office Hours:

9 AM - 5:30 PM Monday - Saturday

Staff available for calls: Monday-Friday 5:30 PM – 8 PM

Oaks Integrated Care has a Mental Health Urgent Care center and also offers Early Intervention Support Services (EISS) on-site and through telehealth.

### EARLY INTERVENTION SUPPORT SERVICES INCLUDE:

- Individual counseling
- Peer support
- Medication treatment
- Psychiatric consultation
- Skill-building groups
- Support groups
- Access to community resources
- Referral to follow-up services

---

## ROWAN UNIVERSITY WELLNESS CENTER

Winans Hall, 201 Mullica Hill Rd., Glassboro, NJ 08028

**856-256-4333**

### Office Hours:

8 AM - 6 PM Monday, Tuesday, Thursday

8 AM - 8 PM Wednesday – 8 AM - 4 PM Friday

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

---

**CENTER FOR  
STUDENT SUCCESS**

**856-566-6852**

**STUDENT AFFAIRS  
& ALUMNI ENGAGEMENT**

**856-566-6740**



Scan for more Information.