

ROWAN SOM STUDENT

MENTAL HEALTH RESOURCE GUIDE

STUDENT MENTAL HEALTH CENTER

What Services Are Available?

- Counseling and performance coaching
- Crisis intervention
- Medication management
- Let's Talk sessions (Stratford)

When Are Appointments Available?

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

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.

WELLCONNECT

A mental health and well-being resource available to Rowan 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 sessions of short-term telephonic or video counseling
- Professional help to address emotional stressors, 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?

- Monday through Friday; crisis services are available 24 hours a day, 7 days a week.
- For appointments, call between 9 AM and 5 PM and identify yourself as a RowanSOM 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.**

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 TEACHING AND LEARNING

856-566-6852

STUDENT AFFAIRS & ALUMNI ENGAGEMENT

856-566-6740

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

