

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.

TIMELYCARE

TimelyCare is a virtual health and well-being platform that is accessible through your phone or computer.

With TimelyCare you have access to:

- 24-hour emotional support from licensed health care professionals (TalkNow)
- Nine free sessions of short-term telephonic or video counseling
- Professional help to address emotional stressors, test anxiety, relationship issues and more
- Virtual forum and peer support system to connect with other students across the country who face similar challenges
- Self-guided resources featuring yoga, meditation, and self-care journeys

Online: <https://app.timelycare.com>

Phone: 833-484-6359

UWILL

Online: app.uwill.com

Register with your Rowan-Virtua email address

- Free immediate access to teletherapy
- Confidential counseling
- Day, night & weekend availability
- Choose a therapist based on your preferences and focus area

ROWAN-VIRTUA SOM STUDENT HEALTH & WELLNESS

Teletherapy and in-person appointments available on both campuses

What Services Are Available?

- Confidential counseling
- Performance coaching

When Are Appointments Available?

- Monday through Friday
- For appointments, call **856-566-7175**, between 8 AM and 4 PM

OAKS INTEGRATED CARE

2051 Springdale Rd, Cherry Hill, NJ 08003

856-254-3800

Office Hours:

Monday – Saturday 9 AM - 5:30 PM

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:

Monday, Tuesday, Thursday 8 AM – 6 PM

Wednesday 8 AM – 8 PM, Friday 8 AM – 4 PM

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.

