

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)

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.

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

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.

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.**

CENTER FOR TEACHING AND LEARNING
856-566-6852

**STUDENT AFFAIRS &
ALUMNI ENGAGEMENT**
856-566-6740

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