

## Your SWP

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Higher Education can be viewed as a challenging experience.

In recognition of this, Student Wellness services are available to students to assist them in adjusting to the stressors and pressures of higher education. Areas that the SWP can help with include, but are not limited to:

- School related stress/anxiety
- Problems with relationships
- Family issues
- Test taking anxiety
- Alcohol, drug use
- Personal problems
- Eating disorders

The SWP provides assessments, counseling and referral services. A telephone call will put you in touch with our staff who will assist you in making an appointment at one of our offices. Evening hours are available.

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**Rutgers - University Behavioral Health Care**

### **STUDENT WELLNESS PROGRAM**

#### **Piscataway Campus:**

Rutgers-University Behavioral Health Care  
Student Wellness Program  
242 Old New Brunswick Rd., Ste 330  
Piscataway, NJ 08854  
*and*  
671 Hoes Lane  
Piscataway, NJ 08855  
(732) 235-5933

*Psychiatrist Available*

#### **Stratford/Camden Campus:**

Rutgers-University Behavioral Health Care  
Student Wellness Program  
One Echelon Plaza, Suite 101  
227 Laurel Road  
Voorhees, NJ 08043  
(856) 770-5750

#### **Newark Campus:**

Rutgers-University Behavioral Health Care  
Student Wellness Program  
183 South Orange Avenue  
Newark, NJ 07103  
(973) 972-5429

*Psychiatrist Available*

**For emergencies after 5 p.m. or on weekends, call 1-800-327-3678**

**RUTGERS HEALTH**



# Student Wellness Program

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# Student Wellness Program

**Piscataway 732-235-5933 ˆ Stratford/Camden 856-770-5750 ˆ Newark 973-972-5429 ˆ 24 Hour Crisis 1-800-327-3678**

## **What is the Student Wellness Program?**

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 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, e.g. stress management.
- ♦ Assessment and referral for specialized substance abuse treatment.
- ♦ Training and consultation to peer support counselors, faculty & staff.

## **Is the SWP really confidential?**

Confidentiality is paramount in providing student services. Therefore, information regarding a student will not be released to anyone without written consent from the student. In accord with state laws, exceptions must be made in certain circumstances involving your safety or the safety of others. In addition, all SWP records are physically kept separately from all other Rutgers/Hospital/UBHC records and are not included in the UBHC patient database.

Staff providing services to students do not hold any role in decisions affecting a student's status in school.

## **Who is eligible for services?**

Student Wellness services are available to all students enrolled in programs at participating schools on the Piscataway, Stratford/Camden, Scotch Plains and Newark campuses as well as to members of their household.

## **Is there a fee for using the SWP?**

NO. Your school pays for the sessions with your SWP counselor. If you are referred for assistance to another professional or program in the community, fees for that service will be your responsibility. Also, your health insurance may cover a significant portion of any fees that you encounter. Your ability to pay is taken into consideration before any referral is made.

## **How do I obtain services from the SWP?**

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 9:00 am and 5:00 pm Monday through Friday to make an appointment. For an appointment in Piscataway, call (732) 235-5933; for Stratford/Camden, call (856) 770-5750; for Newark, call (973) 972-5429. Please identify yourself as a **student** when requesting an appointment.

For crises after normal business hours, call 1-800-327-3678.