

# Well Being Resources for Rutgers University/RWJBarnabas Health/University Hospital

Faculty, Staff, Health Professionals, Trainees & Fellows

|                              | Stress Management Phone                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Stress Management Resiliency Tools                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Mental Health Support & Coaching                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Employee Assistance Programs (EAP)                                                                                                                                                                                                                                         | Additional Resources                                                                                                                                                                                                                                                                                                                                                                                                                  | Peer Support                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| Programs and what they offer | <p>Telephone Support by Mental Health Professionals:</p> <p><b>Rutgers4U:</b> Emotional &amp; therapeutic support by professionals to Rutgers &amp; RWJBH Staff, Faculty members &amp; their families</p> <p><b>GSAPP Psychological Services Network - COVID:</b> Offers telepsychology &amp; phone volunteer services (no or low fee and insurances accepted)</p> <p><b>NJ HopeLine:</b> Confidential telephone counseling &amp; support 24/7</p> <p><b>COVID-19 Psychological Support:</b> for NJMS-UH-UPA faculty &amp; staff who are experiencing stress, worry, or anxiety</p> | <p><b>90 Seconds of Resiliency:</b> Quick resiliency tools on YouTube</p> <p><b>The Calm Collection:</b> Video guided stress relief</p> <p><b>BeHealthy portal:</b> Workout videos &amp; mindfulness</p> <p><b>Wellness Video Library:</b> At home zumba, yoga fitness &amp; resilience seminars</p> <p><b>The Virtual Chapel @ University Hospital:</b> A calendar of virtual spiritual self-care &amp; wellness events</p> <p><b>Rutgers New Jersey Medical School Wellness Tips:</b> A website with helpful tips for coping with COVID.</p> | <p><b>COVID Coordinating Entity - (CCE):</b> August start, statewide access to behavioral health &amp; substance abuse real time, live call line support &amp; warm transfer to clinical services across a statewide provider network</p> <p><b>Joyable app</b> and <b>Able to app:</b> Virtual cognitive therapy services for anxiety &amp; depression either with counselor or coach</p> <p><b>Health Coaching:</b> Virtual or in person, by national certified health coach for physical &amp; emotional health</p> | <p><b>RWJ Barnabas Health</b> and <b>Rutgers UBHC:</b> Comprehensive emotional support by mental health professionals, 24/7</p> <p><b>Rutgers Faculty Staff &amp; Assistance Program:</b> Comprehensive counseling &amp; referral services to the university community</p> | <p><b>Schwartz Rounds:</b> Multidisciplinary hospital rounds for caregiver to share experiences</p> <p><b>Good Grief:</b> A free grief support program for grieving families</p> <p><b>Rutgers School of Health Professions:</b> On-line nutrition tools</p> <p><b>Rutgers &amp; RBHS:</b> Repository of on-line resources</p> <p><b>Mental Health &amp; Wellness:</b> Repository of resources for post-doctoral research fellows</p> | <p>Telephone Support by Peers:</p> <p><b>Doc to Doc Together:</b> Emotional peer support for physicians by physicians</p> <p><b>MOM2MOM:</b> Moms &amp; caregivers of special needs children</p> <p><b>VET2VET:</b> New Jersey National Guard members, active military personnel, veterans, their families, &amp; caregivers, statewide</p> <p><b>VETS4WARRIORS:</b> Any veterans, service members, family members, or caregivers</p> <p><b>CARE2CAREGIVER:</b> Individuals serving as caregivers</p> |
|                              | <p>Rutgers4U: (855) 652-6819</p> <p>NJ HopeLine: (855) 654-6735</p> <p>GSAPP Psychological Services Network - COVID: on-line request</p> <p>COVID-19 Psychological Support: Stress.Anxiety@NJMS.Rutgers.edu</p>                                                                                                                                                                                                                                                                                                                                                                     | <p>Please use website link above for these resources.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p>COVID Coordinating Entity (CCE) (833) 416-8773</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p>RWJBH EAP: (800) 300-0628</p> <p>Rutgers UBHC EAP: (800) 327-3678</p> <p>University Hospital EAP: (800) 327-3678</p> <p>Faculty Staff &amp; Assistance Program: (848) 932-3956</p>                                                                                      | <p>Good Grief: (908) 522-1999</p>                                                                                                                                                                                                                                                                                                                                                                                                     | <p>Doc to Doc Together: (973) 283-SAFE</p> <p>MOM2MOM: (877) 914-6662</p> <p>VET2VET: (866) 838-7654</p> <p>VETS4WARRIORS: (855) 838-8255</p> <p>CARE2CAREGIVER: (800) 424-2494</p>                                                                                                                                                                                                                                                                                                                   |

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| Legend | Services Available to:                                                                                                          | Linked to Health Insurance | Crisis 24/7            |
|        | <p>BLUE: RWJBarnabas Health</p> <p>RED: Rutgers University</p> <p>BLACK: University Hospital</p> <p>GREEN: Available to All</p> | Out of Rutgers Network     | Underlined = hyperlink |

RUTGERS

UNIVERSITY HOSPITAL  
Newark, New Jersey

RWJBarnabas  
HEALTH