

IF YOU OR SOMEONE YOU KNOW IS IN CRISIS AND HAVING THOUGHTS OF SUICIDE, CONTACT THE FOLLOWING RESOURCES **24 HOURS A DAY, 7 DAYS A WEEK:**



- **Counseling Center:** 973-353-5805; after business hours, call 833.646.1526
- **NJ Suicide Prevention Hopeline:** 855-654-6735
- **National Suicide Prevention Hotline:** 800-273-8255; or text 998
- **Crisis Text Line:** Text HELLO to 741741; if you would like to speak directly with a counselor of color you can text STEVE to 741741
- **RUPD:** To reach RUPD while on campus, just dial 9-1-1. For non-emergency situations, call 973-353-5111
- **Residence Life:** A staff member will work with the appropriate University units to assist you
- **IF YOU ARE IN AN EMERGENCY, DIAL 9-1-1**

FIND ADDITIONAL SUPPORT WITH THESE ON CAMPUS-RESOURCES:

COUNSELING CENTER

- Free & confidential mental health services: Psychological, Psychiatric, & Alcohol/Drug support
- For appointments, call 973-353-5805 or email counseling@newark.rutgers.edu
- The Daily Drop: Virtual, drop-in appointments available daily.
- Hours of Operation: Mon. - Fri., 8:30am to 4:30pm.



UWILL

- Uwill offers students free immediate access to teletherapy, a direct crisis connection, & wellness programming through its online platform. Setup your [free account](#).
- Uhelp – Crisis support with an on-call therapist available 24/7/365. Call 833.646.1526
- Urise – Curated collection of wellness-based videos.
- Umatch – Virtually meet with a licensed therapist; includes day, night & weekend availability.

VIOLENCE PREVENTION & VICTIM ASSISTANCE

- Confidential services for any student who has experienced violence or wants to support a friend or loved one who has.
- Advocacy, resources, and clinical supports available from licensed therapists providing trauma-informed care.
- To schedule an appointment or learn more, call 973-353-1918 or email run.vpva@rutgers.edu

THE HELPLINE

- An anonymous and confidential text-based helpline run by students
- Any student struggling or in need of support/resources can text 973-339-0734 to be connected to a Peer Advocate. No identifying information needed.



PANTRY+

- Free & healthy groceries for all Rutgers students, including milk, eggs, produce, cereal, and more
- For hours, visit go.rutgers.edu/pantry or call 973.353.0256
- Order your free groceries online at go.rutgers.edu/orderpantryrun
- Access emergency food packs at one of these locations: go.rutgers.edu/emergencyfood



RU THRIVING?

- Want to boost your wellness across 10 dimensions? Health Promotion Division (HPD) offers 1:1 peer wellness coaching sessions tailored to your personal needs in a judgment-free zone.
- Be matched with a trained peer wellness coach who is invested in seeing YOU THRIVE.
- Schedule your 15-minute info session today (virtual/in-person): <https://go.rutgers.edu/RUthriving>

TITLE IX POLICY AND GRIEVANCE PROCEDURES

- Rutgers prohibits discrimination based on sex. Our new Title IX Policy and Grievance Procedures contains a comprehensive explanation of "consent," describes the rights that apply to both the complainant and respondent and lists the range of supportive measures the university may offer before, during, and after the investigation. Learn more here or contact the Office of Title IX & ADA Compliance at titleix@newark.rutgers.edu or 973-353-1906.

CARE TEAM

- If you or your friend need help and you are not sure where to turn, contact the CARE Team. Submit a concern using the following link: <https://tinyurl.com/RUNCARE>, or by emailing careteam@rutgers.edu or calling 973-353-5063

