

# 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](mailto: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](mailto: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+ AT RU-N

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

- The Office of Title IX and ADA Compliance can assist students who are experiencing any form of gender or sex-based discrimination or harassment, including sexual assault, sexual harassment, relationship violence, or stalking. Students can report an incident to Office of Title IX & ADA Compliance at [titleix@newark.rutgers.edu](mailto: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](mailto:careteam@rutgers.edu) or calling 973-353-5063

