

# 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 973-353-5805 and press 2 to speak with a crisis counselor
- **NJ Suicide Prevention Hopeline:** 855-654-6735
- **National Suicide Prevention Hotline:** 800-273-8255
- **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, supportive drop-in appointments available daily. Call for more info.
- Hours of operation: M-Fri, 8:30am to 4:30pm. \*Later appointments available daily

### WE CHAT TEXT 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.

### VIOLENCE PREVENTION AND VICTIM ASSISTANCE (VPVA)

- 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 SANVELLO APP



- On-demand help for stress, anxiety, and depression
- For free Premium access to the SANVELLO app, visit your MyRutgers Dashboard ([my.Rutgers.edu](http://my.Rutgers.edu)) and click Sanvello: Wellness @ RUN to create your premium account. Then, download the app and begin your journey toward wellness!

### 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](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