

Rutgers–New Brunswick Mental Health Services Resource Guide

Help is Available!

We encourage you to use the mental health resources listed below.

24/7 Crisis & Resources

For when you or someone you know is in crisis and having thoughts of death, dying, or suicide.

911 Emergency: If you have an emergency in need of immediate attention, call 911.

- If a student is in crisis, there are options available to help you cope. Confidential support with trained crisis counselors is available 24/7/365 for everyone in the United States. Call or text 988 or visit <https://go.usa.gov/xyxGa>
- NJ Hopeline (Suicide Prevention): 855-654-6735.
- Crisis Text Line: Text HELLO to 741741.
- Acute Psychiatric Services (24-hour emergency service for local residents): 855-515-5700.
- Rutgers University Police Department: 732-932-7211.
- Students living on campus: Contact your Resident Assistant or RA on duty.
- Violence Prevention and Victim Assistance (VPVA): For victims of crimes, including sexual violence, dating/domestic violence, and stalking. Free and confidential resources are available by phone 24/7. vpva.rutgers.edu, 848-932-1181.



Campus Support Resources

For non-crisis situations

- **Counseling, Alcohol & Other Drug Assistance Program & Psychiatric Services (CAPS):** Mental health services, health.rutgers.edu/CAPS, 848-932-7884. M–F, 8:30 am–4:30 pm.
- A CAPS counselor is always available during regular business hours for students with immediate needs (walk in or by phone 848-932-7884).
- **CAPS After Hours:** A telephone-based counseling service available to Rutgers students when CAPS is closed. Call the main CAPS number, 848-932-7884, and follow the prompts.
- **Uwill:** Online platform that connects students with free, immediate access to teletherapy. Choose a therapist based on your preferences including issue, gender, language, and ethnicity. Appointments available during days, nights, and weekends. <https://app.uwill.com/>
- **TogetherAll:** Free 24/7, online, peer-to-peer support community dedicated to mental health and well-being. Licensed and registered mental health practitioners monitor the community to ensure the safety and anonymity of all members. Arriving in November.
- **CAPS Cares:** Support space for faculty and staff. For more information and to register, visit <http://health.rutgers.edu/medical-counseling-services/counseling/faculty-staff-resources/>
- **Let's Talk:** Informal, one-session consultations, 848-932-7884.
- **Clinical Services:** The Graduate School of Applied & Professional Psychology offers clinical services to Rutgers students: <https://gsapp.rutgers.edu/centers-clinical-services/CPS/about-us>.
- **Dean of Students:** If you need assistance or support regarding personal or academic-related challenges, contact 848-932-2300, visit deanofstudents.rutgers.edu, or email deanofstudents@echo.rutgers.edu.



Do Something

If you are not sure what to do about a friend, and they are not in immediate danger, share your concern at dosomething.rutgers.edu. The appropriate campus resource will contact them within 2 business days. Please note this should not be used in an emergency as the response is not immediate.



dosomething.rutgers.edu



Rutgers is a community that cares. If you need help, please reach out.