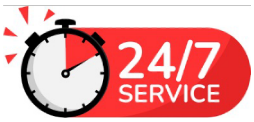
Help is Available!

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.**
- **988 Suicide & Crisis Lifeline:** If you're 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 U.S. Call or text **988.**
- **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.
- **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. https://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.
- **CAPS Let's Talk:** Informal, one-session consultations, **848-932-7884**.
- **Center for Psychological Services (CPS):** Offers clinical services to Rutgers students: https://gsapp.rutgers.edu/centers-clinics/center-psychological-services-cps.
- **Offices of the Dean of Students:** If you are in need of assistance or support regarding personal or academic-related challenges, contact **848-932-2300**, visit https://studentsupport.rutgers.edu, or email **deanofstudents@echo.rutgers.edu**.
- **Uwill:** Students receive free immediate access to teletherapy through its online platform. Choose a therapist based on your preferences including issue, gender, language, and ethnicity. Appointments available day, night, and weekends. https://app.uwill.com/.
- **Wellness Coaching:** Offered by Rutgers Student Health–Health Outreach, Promotion and Education (HOPE), wellness coaching connects you to a peer wellness coach who will help you identify strategies to reach your wellness goals. https://health.rutgers.edu/health-education-and-promotion/health-promotion-peer-education/wellness-coaching.

Uwill

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.



RUTGERS–NEW BRUNSWICK
Student Affairs

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

F26