



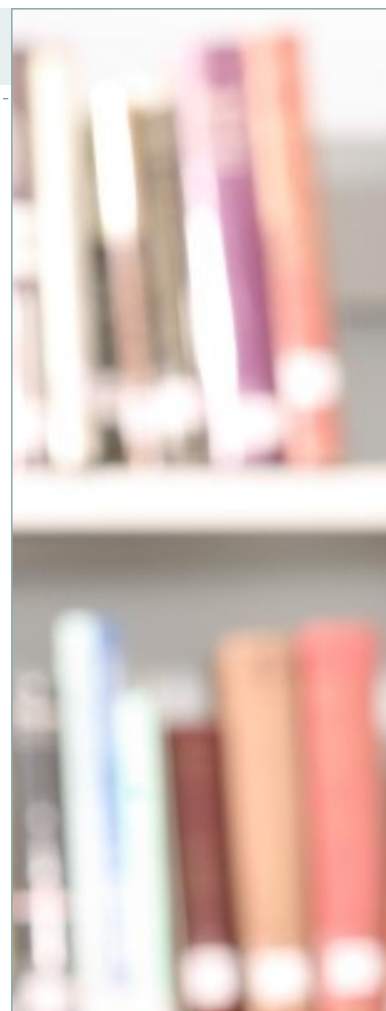
## Student Wellness Program

<http://ubhc.rutgers.edu/swp/index.html>

As the academic year draws to a close (or a short gap) and we approach the summer months, your Student Wellness Program (SWP) wants to remind each of you that the SWP remains open throughout the summer months for counseling services.

It is truly a privilege to witness the hard work and resilience you have displayed in meeting the diverse challenges (personal, social, academic, and so many others) that you have encountered over the past year. We encourage you to take a moment to reflect on the events of the past year and allow yourself time to recognize, make note of, and celebrate your achievements, reflect on the lessons you have learned, and prepare for the unique journey that lies ahead. For those that only get a short gap before starting a new block, semester, or the next chapter; we hope you can take a moment to recharge before for the next step begins.

Finally, while our newsletter will be taking a break until the Fall, the office of Student Wellness will remain open to provide counseling services. If you are interested in scheduling an appointment with SWP to meet with one of our clinicians, please call 732-235-5933. Both day and evening appointments will continue to be available. Counseling sessions are being conducted both in-person and virtually via phone or video with a licensed clinician. And as always, SWP services are free and confidential.



### Student Wellness Program

Piscataway (732) 235-5933

Newark (973) 972-5429

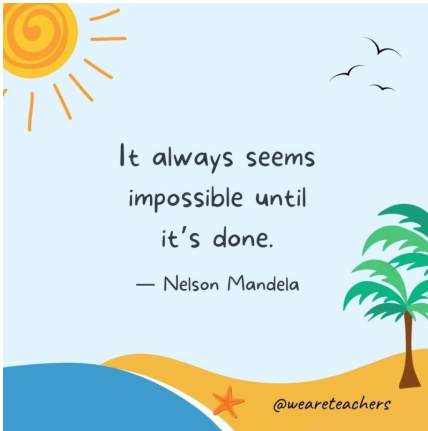
Voorhees (856) 770-5750

<http://ubhc.rutgers.edu/swp/index.html>

- Student Counseling
- Educational Training
- Consultations
- Psychiatry Services
- Orientations
- Crisis Debriefing

# SWP SERVICES

The Student Wellness Program (SWP) is available to you and any family members residing in your household, should you be experiencing any stress related to personal or academic concerns.



All services are free and confidential. Your school has already provided this as another benefit to you. No information is shared with your academic program without written consent from you.

Not only is the SWP available for concerns related to academic stress, we also work with individuals, couples and families for reasons such as personal difficulties, relationship concerns, grief, anxiety, parenting issues, time management, and substance misuse assessments. Whatever your concerns, we are here for you. Currently the SWP is providing both in-person and telehealth services via telephone or video. Feel free to reach out to us by telephone if you have any questions, concerns or would like to schedule an appointment.

**We are a phone call away...**



Piscataway:

(732) 235-5933

Newark:

(973) 972-5429

Stratford/Camden:

(856) 770-5750

