



Student Wellness Program

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

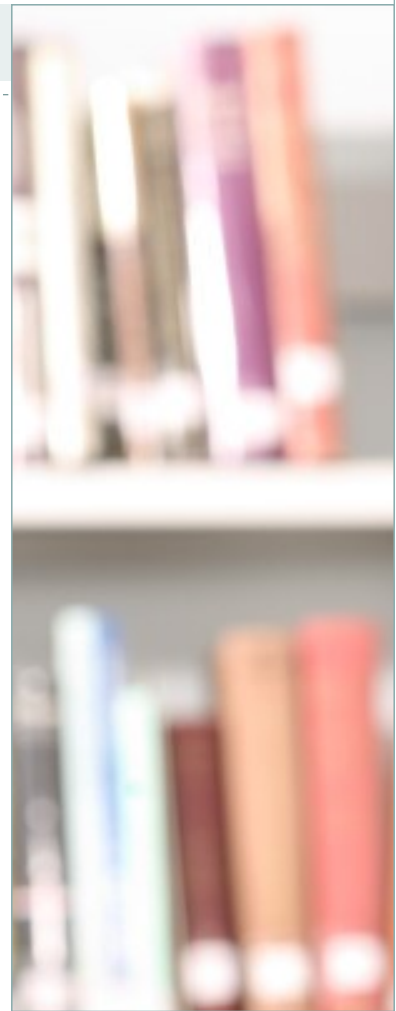
As the academic year draws to a close and we approach the summer months, your Student Wellness Program (SWP) Team wanted to remind each of you that the SWP remains open throughout the summer months for counseling services. And as always, SWP services are free and confidential.

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 virtually with a licensed clinician, either via phone or video.

It gives us, your SWP-Team, great pleasure to witness the fortitude and diligence you have displayed in meeting the diverse challenges (personal, social, academic, and so many others) that you have encountered over the course of this year.

We recommend that you take a moment to genuinely reflect upon this past year's events – both those you view as favorable as well as those less than favorable. Think on these events as they occurred and as you experienced them. In doing so, please 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.

Finally, while our newsletter will be taking a break until the Fall, the office of Student Wellness will remain open to provide counseling services.



RUTGERS HEALTH

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 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 abuse assessments. Whatever your concerns, we are here for you. Currently the SWP is providing 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.

OFTEN IT'S
THE **SMALL CHANGES**
RATHER THAN BIG ONES
THAT WORK BEST AND
MAKE A **BIG IMPACT** IN
YOUR LIFE.

We are a phone call away...



Piscataway:

(732) 235-5933

Newark:

(973) 972-5429

Stratford/Camden:

(856) 770-5750