



# Student Wellness Program

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

## FAQ about the Student Wellness Program

### What is the Student Wellness Program?

The Student Wellness Program (SWP) provides **free, short-term, confidential** counseling services to help students manage stressors and other pressures related to higher education, as well as personal problems that might impact one's academic performance.

### How confidential is the SWP?

Confidentiality is paramount to providing effective student services. Therefore, information regarding a student will not be released to anyone without written consent from the student unless there are concerns for safety/imminent danger. Additionally, because the SWP is independent from your school, the SWP doesn't share any university-wide databases.

### Who is eligible for services?

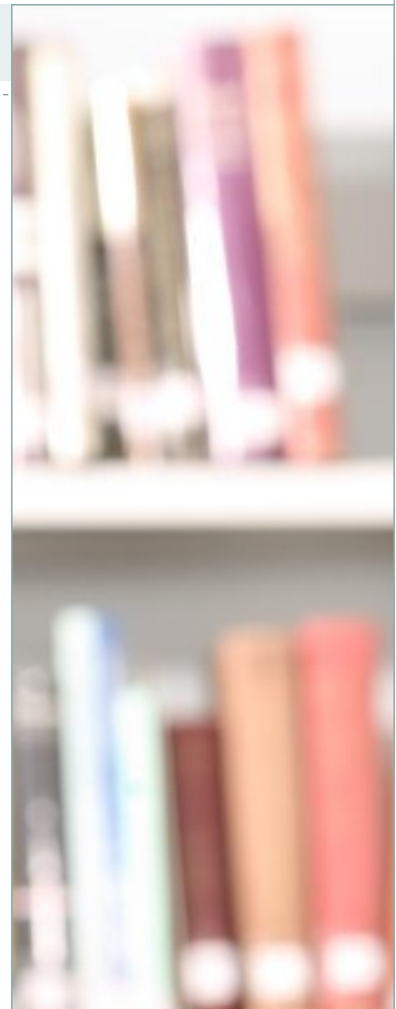
SWP services are available to all students enrolled in RBHS academic programs on the Piscataway, Voorhees/Camden and Newark campuses. Additionally, services are available to family members who reside within your household.

### What types of concerns might warrant a student using the SWP?

The SWP provides assessment, counseling and referral services. Areas that the SWP can help with include, but are not limited to: personal concerns, test taking anxiety, school related stress/anxiety, problems with relationships, family issues, alcohol & drug use and concerns with depression.

### Is there a fee for using the SWP?

**NO!** SWP services are free to you as a student and to family members that reside in your household.



RUTGERS HEALTH

### Student Wellness Program

Piscataway (732) 235-5933

Newark (973) 972-5429

Voorhees (856) 770-5750

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- 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 use 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.

**BIG**  
*Journeys*  
**BEGIN**  
**WITH**  
*Small*  
**STEPS**

We are a phone call away...



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Piscataway:  
(732) 235-5933

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Stratford/Camden:  
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