

Need help right now?

**Immediate Help**

**Dial 911**

-or-

**Visit nearest emergency room**

# GET HELP FAST

Text “**START**” to 741-741

Text “**STEVE**” 741-741 (students of color)

Lifeline **1-800-273-TALK** (8255)

Rowan University Well-Being Resources

# Rowan Thrive

[rowan.edu/thrive](http://rowan.edu/thrive)



**Grow yourself.  
Develop your practice.  
Help others.**

<https://positivepsychology.com>





*Leaders in Collegiate  
Recreation*

[nirsa.net](http://nirsa.net)

# National Institutes of Health

# Emotional Wellness Toolkit

[nih.gov/health-information/emotional-wellness-toolkit](https://nih.gov/health-information/emotional-wellness-toolkit)





**Bring Change to Mind**

**[bringchange2mind.org](http://bringchange2mind.org)**

Get ongoing support online with:

# Therapy Assistance Online (TAO)

[thepath.taoconnect.org](https://thepath.taoconnect.org)





A graphic consisting of three overlapping, elongated diamond shapes. The leftmost shape is pink, the middle one is yellow, and the rightmost one is light blue. They overlap in the center, creating a dark blue/black area where the text is located.

**SOULPANCAKE**

**WE MAKE STUFF THAT MATTERS**

**SoulPancake.com**

# VerywellMind

Trusted mental health information when you need it most.

[verywellmind.com](https://www.verywellmind.com)



Addiction



ADHD



Anxiety



Brain Health



Meditation



Psychology

# giveback

The logo for 'giveback' features the word 'giveback' in a white, lowercase, sans-serif font. To the right of the text is an orange graphic element consisting of a left-pointing chevron followed by three small circles, resembling an ellipsis.

College scholarships, academic mentoring, and social guidance for students who have faced adversity.

[giveback.ngo](https://giveback.ngo)

# The Pursuit of Happiness

Bringing the science of happiness to life

[pursuit-of-happiness.org](http://pursuit-of-happiness.org)





THRIVE  GLOBAL

[thriveglobal.com](https://thriveglobal.com)

**Ending the stress and burnout epidemic**



Protecting emotional health.  
Preventing suicide.

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[jedfoundation.org](https://jedfoundation.org)

University of Pennsylvania's  
**Positive Psychology Center**

[ppc.sas.upenn.edu](http://ppc.sas.upenn.edu)



# Berkley Well-Being Institute

Do you want  
greater well-being?

<https://greatergood.berkley.edu>





# American Foundation for Suicide Prevention

[afsp.org](https://afsp.org)

**Discover resources for  
mental health and COVID-19**