

**WELLNESS CENTER:****COUNSELING AND PSYCHOLOGICAL SERVICES**

*We are here for you and will continue to be here for you.*

# HELPFUL TIPS



## CONTACT INFORMATION

WELLNESS CENTER FALL HOURS BEGINNING 8/31/20

MONDAY-THURSDAY 8:00AM-6:00PM

FRIDAY: 8:00AM-4:00PM

TELEPHONE: 856-256-4333

EMAIL: WELLNESSCENTER@ROWAN.EDU

AFTER HOURS, PLEASE CALL THE WELLNESS CENTER AND **PUSH OPTION 3** TO SPEAK TO THE ON-CALL COUNSELOR.

IF YOU ARE IN IMMEDIATE DANGER, PLEASE CALL PUBLIC SAFETY: 856-256-49111

## HOW TO CHECK-IN FOR APPOINTMENT

HOW DO I CHECK-IN TO MY COUNSELING APPOINTMENT?

1. CLICK [HERE](#) TO CHECK-IN AND COMPLETE CHECK-IN FORMS AT LEAST **15 MINUTES** PRIOR TO YOUR APPOINTMENT TIME.
2. ONCE YOU VIRTUALLY CHECK-IN, NEXT, VISIT [HTTPS://ROWAN.WEBEX.COM/MEET/PROVIDER'S ROOM ID](https://rowan.webex.com/meet/provider's%20room%20id) AND WAIT IN THE PROVIDER'S MEETING ROOM LOBBY FOR YOUR TELEVISIT. YOU MAY USE THIS MEETING ROOM ONLY FOR TIMES WHEN YOU HAVE A SCHEDULED APPOINTMENT.
3. IF YOU HAVE BEEN WAITING FOR MORE THAN **10 MINUTES** PAST YOUR APPOINTMENT TIME AND YOUR PROVIDER HAS NOT ADMITTED YOU TO YOUR MEETING, PLEASE CONTACT THE FRONT DESK AT **856-256-4333**.

IF YOU ARE UNABLE TO MAKE YOUR APPOINTMENT, PLEASE CONTACT THE WELLNESS CENTER THE MORNING OF YOUR APPOINTMENT.

## ADDITIONAL RESOURCES

[THERAPY ASSISTANCE ONLINE](#)

[NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-8255](#)

LGBTQIA+ [THE TREVOR PROJECT 1-866-488-7386](#)

[ROWAN DIVISION OF DIVERSITY, EQUITY, AND INCLUSION](#)

NATIONAL CRISIS TEXT LINE: TEXT **HOME** TO **741741** TO CONNECT WITH A CRISIS COUNSELOR

[ROWAN THRIVE WELL-BEING INITIATIVE](#)

### "I'VE NEVER SPOKEN TO A COUNSELOR BEFORE."

LET'S TALK IS A GREAT FIRST STEP. IT IS A 15-20 MINUTE DROP-IN SESSION WITH ONE OF OUR COUNSELORS. THEY WILL HELP MAKE A DETERMINATION OF NEXT STEPS.

[CLICK HERE TO LEARN MORE](#)

### "HOW DO I MAKE AN APPOINTMENT WITH A COUNSELOR?"

YOU CAN MAKE AN APPOINTMENT USING THE ONLINE WELLNESS LINK (OWL) OR CALL THE WELLNESS CENTER AT 856-256-4333.

[CLICK HERE TO MAKE AN APPOINTMENT ONLINE.](#)

### "I WOULD LIKE TO GO TO GROUP THERAPY."

GROUP THERAPY IS THE MOST EFFECTIVE FORM OF THERAPY FOR STUDENTS AGE 18-24. CERTAIN GROUPS ARE DROP-IN, WHILE OTHERS WILL REQUIRE YOU MEET WITH A COUNSELOR FIRST.

[LEARN MORE ABOUT GROUP THERAPY HERE.](#)

### "WHAT IS A 'TELEHEALTH' APPOINTMENT LIKE?"

TELEHEALTH THERAPY IS JUST AS EFFECTIVE AS THERAPY IN-PERSON. THE BEST PART? YOU CAN SPEAK TO A COUNSELOR ANYWHERE! ALL ROWAN COUNSELING APPOINTMENTS FOR FALL, 2020 WILL BE HELD VIA TELEHEALTH.

### "WHAT DOES IT MEAN TO BE REFERRED TO OUTSIDE SERVICES?"

AFTER AN INITIAL CONSULTATION, IT MAY BE RECOMMENDED THAT A STUDENT RECEIVE SERVICES OUTSIDE OF THE WELLNESS CENTER, AS [WELL-BEING](#) INCLUDES MANY COMPONENTS. WE ARE HAPPY TO ASSIST STUDENTS IN CONNECTING WITH THESE RESOURCES.