

The Wellness Center's Counseling and Psychological Services

WHAT TO EXPECT DURING YOUR CONSULTATION

The Wellness Center is glad that you are here and have been scheduled for an initial consultation.

You will receive an email confirmation of your appointment including a link for **virtual check in**. You may check in beginning **30 minutes before** your appointment, but **no later than 5 minutes past** your appointment time. **You must check in and complete the forms first**. If your appointment is via telehealth, you will also receive a link to the assigned provider's personal room in Webex and wait in the provider's meeting room lobby for your telehealth appointment. You will be meeting with a counselor for 30-40 minutes. Counselors will ask you questions about your current situation and your safety.

Please understand that the initial consultation is NOT a therapy session. The purpose is for the counselor to understand your needs so that we can discuss our recommendations going forward. Recommendations may include groups and/or workshops, brief counseling, or referral to an outside agency. If you do not choose to follow through with our recommendations we are happy to provide you with community resources. Because the consultation is brief, we will focus on your greatest concerns and discuss the options that best meet those needs.

IF YOU ARE UNABLE TO MAKE YOUR APPOINTMENT, PLEASE CONTACT THE WELLNESS CENTER THE MORNING OF YOUR APPOINTMENT AT 856-256-4333.

LET'S TALK

Let's Talk is a program that provides easy access to informal, confidential one-on-one consultations with counselors from the Wellness Center.

Let's Talk is available at scheduled times, M- F. If interested, please self-schedule an appointment through the Online Wellness Link (OWL) <https://studenthealth.rowan.edu>.

Although Let's Talk counselors are Wellness Center professionals, Let's Talk is not a substitute for psychotherapy or formal counseling and **does not constitute mental health treatment**. If appropriate, Let's Talk counselors can help students determine if formal counseling is something to consider and assist in making an appointment.

Groups/ Workshops

- Anxiety Toolbox
- Getting Unstuck
- ACT on Anxiety
- General Therapy
- Grief and Loss
- TransBody Positive
- U Good F.A.M.?

Wellness Center at Winans Hall hours while classes are in session are as follows*:

◆ <u>Mondays</u>	8am-6pm
◆ <u>Tuesdays</u>	8am-6pm
◆ <u>Wednesdays</u>	8am-6pm
◆ <u>Thursdays</u>	8am-6pm
◆ <u>Fridays</u>	8am-4pm

*see www.rowan.edu/wellness for hours during Winter, Spring and Summer breaks.

If you are having serious thoughts of killing yourself or hurting someone else call the Wellness Center at 856-256-4333, Public Safety at 856-256-4911, call 911 or go to the nearest Emergency Room.

IN THE MEANTIME...

TogetherAll

- TogetherAll is a leading online mental health service that provides millions of people access to community and professional support 24 hours a day, 365 days a year.
- Through TogetherAll, Rowan students can access FREE, 24/7 online peer-to-peer support, connecting with others who are experiencing similar struggles and support one another through their shared lived experiences with stress, anxiety, isolation and other common mental health challenges.
- To access the service, go to the mobile-responsive webpage, www.togetherall.com and enter your Rowan email address to register.

Better You

Rowan University has partnered with BetterYou to help put your personal wellness front and center. **BetterYou is a mobile app that helps you set wellness goals, automatically logs your progress, and provides encouragement** if you fall behind. Being well with BetterYou is more than just how it makes you feel - you can also **earn gift cards** and rewards for hitting wellness milestones! The BetterYou app is free to use for the first 1,000 Rowan students and/or faculty/staff that sign up, because Rowan has already paid for you to use it. Download [BetterYou for Android](#) Download [BetterYou for iOS](#)

Healthy Campus Initiatives

- **Stress & Anxiety Student Support**- Mondays at 2p- Chat with other students in-person about dealing with stress in college.
- **Chill n Chat** - Fridays at 11a- Make friends, chat about life, and meet other students in-person at the Wellness Center

Visit [ProfLink](#) for Info and to register

Shreiber Family Pet Therapy Program

- **Individual Virtual Pet-Therapy**
Schedule a session with one of the dogs & it's handler! (24hr notice preferred) For appointments email: pich@rowan.edu or PetTherapy@rowan.edu
- **Yappy Hour**
Join the dogs and handlers for some pet therapy in a virtual group setting. Visit go.rowan.edu/YappyHour for Dates/ Times.



If you are in Crisis and it is after normal business hours:

- ◆ Call **856-256-4333** to speak with an on-call counselor who is available for emergent phone consultation and crisis intervention.
- ◆ Call Public Safety at **856-256-4911**. Public Safety can connect you with an on-call counselor.

Off Campus Resources:

Call any of the following **24/7 free and confidential crisis hotlines.**

- National Suicide Hotline: **988** 988lifeline.org
- LGBTQ Trevor Lifeline: Text: START to 678-678 or call 1-866-488-7386
- National Eating Disorders Association Crisis Text Line 24/7: Text "NEDA" to 741741 to be connected to a Crisis Counselor.
- SERV (Services Empowering Rights of Victims): 1-866-295-7378
- Addictions Hotline: call 1-800-662-4357 [crisis-text-line](#)
- If you identify as a young person of color you can text the word STEVE at 741741 to connect with a trained crisis counselor 24/7. stevefund.org/crisistextline
- If you identify as Muslim, you can text the word SALAM to 741741 or 1-855-95-AMALA to connect with a trained crisis counselor 24/7.