The Wellness Center welcomes you to Counseling & Psychological Services!

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 televisit. You will be meeting with a counselor for 30-40 minutes. Counselors will ask you questions about your current situation and your safety. Scan below for more information about your initial consultation:

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**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.
- Although Let’s Talk counselors are Wellness Center professionals, it is not a substitute for psychotherapy or formal counseling and **does not constitute mental health treatment.**
- Scan below for information about Let’s Talk and how to schedule an appointment:

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**Wellness Center at Winans Hall hours during Summer Session are as follows:**

- Mondays 8am-4:30pm
- Tuesdays 8am-4:30pm
- Wednesdays 8am-4:30pm
- Thursdays 8am-4:30pm
- Fridays 8am-4pm

*see [www.rowan.edu/wellness](http://www.rowan.edu/wellness) for hours during Winter, Spring and Summer breaks.

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**Groups/ Workshops**

Visit our Website for information about new and exciting groups being offered:

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

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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.
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 www.Suicidepreventionlifeline.org
- LGBTQ Trevor Lifeline 1-866-488-7386
- SERV (Services Empowering Rights of Victims): 1-866-295-7378
- Addictions Hotline: 1-888-984-0363 www.24houraddictionhelp.org
- 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. www.stevefund.org/crisistexttine
- 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.